



Chocolate Banana Smoothie

SERVINGS 1 • INGREDIENTS

1/2 CUP WHOLE MILK

1 SMALL RIPE BANANA

1 PACKET LUTRISH CHOCOLATE SHAKE

1 CUP VANILLA OR CHOCOLATE ICE CREAM

1/2 TSP. PURE VANILLA EXTRACT

DIRECTIONS

MIX ALL INGREDIENTS IN A BLENDER.

SERVE IMMEDIATELY.



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