

FROZEN BANANA



Ingredients

1 scoop [Flat Tummy Protein](#)

1 banana (frozen banana makes it more Ice cream like)

150ml Milk (dairy or non dairy)

150ml Water

TIP: Freeze ripe bananas in their skin or grab a pack of frozen banana slices from the freezer section in the supermarket.

Instructions

1. Place all ingredients into a blender
2. Blitz until smooth and creamy

The above makes ONE complete meal/serving

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