



Banana Chilly Billy

This is a firm favourite, especially with children. Using frozen banana creates a thick creamy consistency, much like ice cream. Vary the amount of liquid used to achieve a consistency of your choice.

1 large banana, peeled, chopped and frozen for at least 3 hours [preferably over night]
200 ml / 7 oz water
1 scoop Solgar *Whey to Go*® Protein Powder
Vanilla flavour

Blend ingredients together until smooth and serve in a tall glass

Serves 1

NUTRITIONAL INFORMATION PER SERVING:

Calories 182, Fat 0.4g, Saturated fat 0.21g, Carbohydrates 28g,
Fibre 3g, Protein 17.1g



This recipe has been extracted from the 'Whey of Life' Recipe Book by Alice Bradshaw. With over 30 protein-rich recipes, the 'Whey of Life' Recipe Book is available free with promotional packs of Solgar Whey to Go protein powder - while stocks last.

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