



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 203, Fat 0.37g, Saturated fat 0.2g, Carbohydrates 29.1g,
Fibre 3g, Protein 21g



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