



LIFEGAIN®

Advanced Nutritional Supplement

Chocolate Delight Smoothie



INGREDIENTS

- 15 g Lifegain® Junior vanilla powder
- 150 ml cold low fat milk
- 1 teaspoon Milo powder
- 1 tablespoon peanut butter (unsalted)
- 1 medium ripe banana

METHOD

Blend all ingredients together and enjoy chilled.

Serves 1- 2



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