

Nutribar Fruit Drink

1 banana, chopped, or other fruit

$\frac{3}{4}$ cup 2% milk

1 scoop Nutribar Powder

2 to 3 ice cubes

Combine all ingredients in a blender. Blend on low speed for 20 seconds. Then mix on high speed for 1 minute, or until smooth.

Per Serving: 327 calories; protein 12.3 g; fat 6.1 g; carbohydrate 58.6 g.