

Peanut Power Drink

This recipe is an excellent source of calcium, which keeps bones and teeth strong.

Ingredients:

- 1/2 cup **peanut butter**
- 3 1/2 cups **banana** (or any other fresh or canned and drained fruit)
- 1 1/4 cups **nonfat dry milk powder**
- 3 cups cold **water**

Directions:

1. Put all ingredients in blender. Blend on low until smooth, and serve.
2. Refrigerated leftovers within 2-3 hours.

Nutrition Facts	
Serving Size 1 1/3 cup (241g)	
Servings Per Container 6	
Amount Per Serving	
Calories 260	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%
Sugars 20g	
Protein 12g	
Vitamin A 2%	• Vitamin C 15%
Calcium 20%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

6 servings, 1 1/3 cup each

Notes:

Source: Janet Calvert and Caroline Cannon, OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>