



## **Malted Chocolate Banana Energy Shake**

*Serves 2*

*Recipe by Katelyn Williams*

### **Ingredients :**

- *2 Tbs malted milk powder (Horlicks or Milo)*
- *1 1/2 cup fat free milk*
- *1/2 cup low fat vanilla yoghurt*
- *2 bananas*
- *4 tbsp oats*
- *12 ice cubes*

### **Methods :**

1. Blend or process all the ingredients until smooth and creamy.
2. Pour into glasses and serve.

Selati sweetener to taste