Banana Milkshake

Serves	1
Prep time	5 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet - Moderate Chemical
Meal type	Drink
Misc	Child Friendly, Serve Cold

Quick, healthy fresh banana milkshake

Ingredients

- 1/2 cup milk
- 1 tablespoon natural yogurt
- 1 teaspoon rice malt syrup
- 1/2 ripe banana
- 1 teaspoon Nestle Malted Milk

Directions

1. Place all the ingredients into a blender and whizz until smooth and frothy.
2. Pour into a tall glass and enjoy!

Note

Moderate Amines, Low Salicylates, Low Glutamates

Note: the riper the banana, the more amines it contains.