



## Banana Java

- 1 cup ice
- 1 scoop vanilla protein powder (Matrix 2.0 or other)
- ½ frozen banana (peel the banana before freezing)
- 1 cup strong brewed coffee, chilled
- ½ cup milk, skim
- Stevia or Splenda to taste if desired

Place all ingredients in blender and blend until smooth. Makes 1 serving.

Nutrition information per serving: 206 calories, 28 grams protein, 2 grams fat, 22 grams carbohydrate, 132 mg sodium.