

# Dairy-Free Banana Nut Shake

**Oncology  
Nutrition**

a dietetic practice group of the  
**Academy of Nutrition  
and Dietetics**



## *Recipe:*

Dairy-Free Banana Nut Shake

Serves: 1

Serving Size: 12-ounce glass

## *Ingredients:*

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- 1 banana
- 2 Tablespoons peanut butter
- 2 Tablespoons non-dairy protein powder of your choice
- 1 cup soy milk or plant-milk of choice (almond, coconut, etc)
- 1 cup ice cubes

## *Instructions:*

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1. Place all ingredients in a blender
2. Cover and blend on high until smooth
3. Chill before serving

## *Nutrition Facts:*

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Calories 450

Fat 24 (g)

Carbohydrate (g) 53

Protein (g) 26

Sodium (mg) 265

Percent Calories

Fat: 42%

Carbohydrates: 43%

Protein: 15%

Submitted by Joseph Gonzales, RD; Edited by student Sarah Pennington on behalf of ON DPG