

# Whey Banana Smoothie

Servings 3- 4| Prep Time 1 min| Cook Time 5 mins



## Ingredients

- Around 1.5 glasses of Whey from making paneer (check my cottage cheese recipe) or use butter milk.



You can change the quantity as per your requirement. This recipe is very forgiving. Experiment different measurements every time.

- 1 Banana
- 1 stalk kale.

## Preparation

Just blend them together in a blender & feel the freshness.

Whey water is a great source of proteins, vitamins and minerals and is used to make calcium, protein rich smoothie. It helps in muscles strength & improves immunity

In hospitalised patients with naso-enteric (nasogastric or naso jejunal) tubes, whey water can be used intermittently instead of plain water for added nutrients and proteins.

This liquid.

*Feed it to your pets or plants for extra protein boost.*



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