

Banana Chocolate Smoothie

Smoothies are a great way to get vitamins and protein into anyone's diet, but for people with autism who have food sensory aversion, they can provide vital nourishment. If you or a loved one is on the spectrum, this yummy smoothie may provide the flavor and texture you're looking for.



Ingredients

- 1 medium banana, frozen
- 1 scoop chocolate protein powder
- 1 cup water

Preparation

- Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

Nutrition (per serving)

Yield: 1 serving. Calories 256; fat 5.35g; carbohydrates 39.61g; fiber 9.2g; protein 17g; sodium 141mg

If you are concerned about autism for your child, contact their pediatrician.

For more information, visit BeWellSHBP.com/Autism or call 888-616-6411.