



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Banana Milk

Muzlu Süt



1 cup milk  
1 small banana  
1 + 1/2 tbsp granulated sugar

- # Preparing the banana milk by a blender is advised generally. But it can not be possible every time.
- # Put the banana onto a flat plate, add granulated sugar onto it.
- # Mash the banana by a fork to get its puree.
- # Put the cold milk into a deep bowl, add the sugared banana puree into the milk.
- # Whisk it until the milk bubbles by a beater.
- # Fill it into a cup, and drink in a short time.

Note: For preparing strawberry milk; you should use 6 medium strawberries, 2 tbsp granulated sugar and 1 cup milk by the same method.