

# COFFEE SMOOTHIE

## INGREDIENTS:

- 1 cup brewed coffee, frozen into ice cubes
- 1 ripe banana, cut into 4 pieces and frozen
- 1 teaspoon unsweetened cocoa powder
- 1/2 cup almond milk
- 2 teaspoons honey

## DIRECTIONS:

1. Put all ingredients into a blender and blend until smooth.
2. Enjoy!

<b>Nutrition Facts</b>	
Serving Size (242g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 90</b>	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 13g	
<b>Protein 1g</b>	
Vitamin A 4%	• Vitamin C 8%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

