

Green Coffee Smoothie....WOW!

Ingredients

3 to 4 tbsp coffee, chilled
1 cup milk or almond milk
1 banana
½ cup spinach
1 cup ice
1 tbsp honey
½ tbsp cocoa powder

Directions

Blend in your blender until smooth, and we promise you won't be able to taste the spinach!

<http://www.all-smoothie-recipes.com/coffee-smoothie-recipes.html>

Banana-Vanilla Coffee Smoothie

Ingredients- Serves 3

- 1/2 cup nonfat milk
- 1/2 cup strong-brewed coffee
(for brewing, use 2 Tbsp.
ground coffee per 1/2 cup
water)
- 1 cup frozen non-fat coffee-
flavored or vanilla yogurt
- 1 large, peeled frozen banana, cut into 4 pieces
- 1 tsp vanilla extract
- 1 tbsp crushed dried (unsweetened) banana
chips (optional)



Directions

Pour milk and coffee into blender. Add frozen yogurt, banana and vanilla. Puree until thick and creamy. Pour into tall glasses and top each with crushed banana chips.

Per serving: 120 calories, 0 g fat (0 g saturated fat), 26 g carbohydrates, 5 g protein, 1 g fiber, 60 mg sodium

<http://www.aicr.org/foods-that-fight-cancer/coffee.html#recipes>