

# Customizable Coffee Concoction (Smoothie)

 Ready in 30 minutes



Meal Type:

**LUNCH OR DINNER**

Preparation Difficulty:

**EASY**

Program Phase:

**ALL PHASES**

Preparation Time:

**PREP: 10 minutes**

**COOK: 0 minutes**



## INGREDIENTS (3-4 SERVINGS):

1 cup brewed coffee

1 ripe banana

1 tbsp nut butter of choice: peanut, almond, cashew, sunflower, pecan

1 scoop (female) OR 1 1/2 scoops (male) protein powder, whey or plant based

1 cup unsweetened milk of choice

Optional: Make it creamier by adding 1/4 of an avocado, 1/2 tbsp chia/flax seeds or 1/2 scoop collagen (if choosing collagen, reduce protein powder amounts to 3/4 scoop and 1 scoop)

4 ice cubes (optional)

1. Measure out all ingredients.
2. Add everything to a blender and blend until smooth.
3. Pour in a glass or to go cup and enjoy!



**TIP: FOR A STRONGER COFFEE FLAVOR, USE A MORE CONCENTRATED COFFEE (LESS WATER)\*\***

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