

PICK ME UP SMOOTHIE

BY MISSYV.

INGREDIENTS

MAKES TWO SERVINGS

1 CUP STRONG BREWED COFFEE, COOLED
(OR 2 TSP FINE-GROUND COFFEE +
1 CUP NUT MILK

2 BANANAS, FROZEN OR DICED

1 CUP NUT MILK OR COCONUT WATER

1 TBSP CACAO POWDER

1 TSP VANILLA EXTRACT

1 TBSP HONEY OR AGAVE

1/2 ICE

DIRECTIONS

Add all ingredients to Vitamix or high-powered
blender for 2-4 minutes.

Store second serving in a mason jar in
refrigerator for up to 2 days.

Enjoy!

Optional additions:
1-2 TBSP nut butter
1 scoop vanilla protein powder
1 scoop creatine