

Mocha Smoothie

A coffee-lover's dream. No refined sugar.



INGREDIENTS:

1 frozen banana

1 cup strong-brewed
coffee

1 tablespoon
unsweetened cocoa
powder

1/2 cup plain Greek
yogurt

Honey or maple syrup, to
taste

DIRECTIONS:

1. Slice the frozen banana into one-inch sections.
2. Place all ingredients into blender. Blend for 2 minutes until smooth. Enjoy.

