Wake-up Banana Mocha Smoothie

Makes 1 serving

Ingredients

1 medium banana

2 tablespoons coffee grounds (caffeinated or decaffeinated)

½ cup hot water

¼ cup fat-free milk

1 tablespoon unsweetened cocoa powder

½ teaspoon vanilla extract

Directions

1. Peel and slice banana. Place banana slices into a freezer-safe zip-close bag. Freeze overnight.
2. Place coffee grounds into a coffee filter. Gather up the sides and tie closed with a kitchen string. Place tied filter into a coffee mug. Pour hot water into mug and place in the refrigerator to chill overnight.
3. Place frozen banana slices, cooled coffee, milk, cocoa powder and vanilla into blender. Blend until smooth.
4. Serve immediately.

Allina Health

APPETIZER OR SNACK

TIP

Allergic to milk? Try this recipe with almond milk or soy milk and increase the amount of vanilla to 1 teaspoon.

♥ = heart smart = low sodium GF = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

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Nutrition Facts

Serving Size 1 smoothie (332g)
Servings Per Container 1

Amount Per Serving

Calories 140	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	20%
Sugars 18g	
Protein 5g	

Vitamin A 4%	• Vitamin C 20%
Calcium 10%	• Iron 6%

*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

Recipe contains: milk
Carb choices per serving: 2