COFFEE SMOOTHIE

Source: stopcoloncancernow.com

INGREDIENTS:

- 1 cup brewed coffee, frozen into ice cubes
- · 1 ripe banana, cut into 4 pieces and frozen
- · 1 teaspoon unsweetened cocoa powder
- 1/2 cup almond milk
- 2 teaspoons honey

DIRECTIONS:

- 1. Put all ingredients into a blender and blend until smooth.
- 2. Enjoy!

Nutrition Facts

Serving Size (242g) Servings Per Container 2

Amount		8	:
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Calories 90 Calories from Fat 10

Total Cat day	2%
Total Fat 1g	270
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 13g	

Protein 1g

Vitamin A 4%	 Vitamin C 8%
Calcium 6%	 Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Total Fat Saturated Fat Cholesterol Less than Less than 65g 20g 20g 300mg 80g 25g 300mg Cholesterol Less than Less than 300mg 2,400mg 300mg 2,400mg Total Carbohydrate 300g 300g 375g 300g Dietary Fiber 25g 30g	doponania on jo	Calories:	2,000	2,500
Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g	Total Fat	Less than	65g	80g
Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g	Saturated Fat	Less than	20g	25g
Total Carbohydrate 300g 375g	Chalesterol	Less than	300mg	300mg
	Sodium	Less than	2,400mg	2,400mg
Dietary Fiber 25g 30g	Total Carbohydra	ate	300g	375g
	Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



