

Coffee & Cacao Smoothie

By Annie Falk

In desperate need of a refresher and a pick-me-up? Hot coffee during the Florida summer isn't always a go to for some of us, and sometimes an iced coffee just isn't exciting enough. *Enter* the coffee cacao smoothie. Start off your day or keep it going with this rejuvenating beverage. Breathe life into your days and sail away on brown waves of sweet bliss that you don't have to feel guilty about. Find the recipe on www.anniefalk.com

RECIPE INGREDIENTS

- 1 cup cold drip coffee
- ¼ cup nut milk, more to taste
- 8 ice cubes, more for the glass
- 2 ripe, frozen bananas, cut in half
- 2 large Medjool dates, pit removed and roughly chopped
- 1 tablespoon chia seeds
- Protein powder (optional)
- 1 tablespoon raw cacao nibs, more for garnish

RECIPE INSTRUCTIONS

Combine cold drip coffee, nut milk, ice cubes, bananas, dates, and chia seeds in a high-powered blender and blend until smooth and thick. Add protein power, if using, and blend. Add raw cacao nibs and pulse.

Pour the smoothie over two glasses of ice, garnish with cacao nibs and serve immediately.

Serves 2

