

I adapted this recipe from several I found on the web. This is my morning energy drink of choice, It fills a 20-24 oz tumbler, is low in calories, high in nutrients, keeps you full and cheaper than those big chain barista's. I have nothing against our local coffee houses and I (and others) have been making the suggestion for years to serve fresh made, give us a choice regarding the milk/cream and let us decide on sweetener/sugar rather than shipping pre-mixed, fat and sugar filled beverages.

I promise this is fast, easy and will make your morning commute more enjoyable!

### **Coffee Chocolate Banana Smoothie for Energy**

**Serves:** 1  
**Difficulty:** Super Easy – Only need a blender  
**Prep Time:** 10 Minutes  
**Cook Time:** N/A

### **Ingredients**

**12 oz cold black coffee** - *I brew the night before and put in the fridge*  
**1 Cup frozen original, unsweetened almond milk** - *I freeze it in ice cube trays and keep in the freezer*  
**1 frozen banana** - *I buy bananas, let them turn brown on the counter, peel them, cut in half, toss in a zipper bag and freeze*  
**1 tsp maca powder** - [Whole Foods](#), [Mom's Organic](#) usually carries it - [Read here for the nutrient boost](#) it gives your drink  
**1 tsp cacao nibs** - [Whole Foods](#), [Mom's Organic](#), [Wegmans](#) can use 100% cacao bars too, pure dark chocolate  
**1 Tbsp cacao powder**- [Whole Foods](#), [Mom's Organic](#), [Wegmans](#) can use cocoa powder  
**agave syrup or stevia** to sweeten to taste - *I do not use any sugar of any kind, I find it sweet enough without it*  
**2 Tbsp chia gel** - *I keep it in the fridge*Add ice to reach desired slushy consistency!

I keep Chia Gel in the fridge. 2 T chia seeds to 1 C tap water, stir as they plump and gel. Keep in fridge for up to 2 weeks.

### **Directions**

Throw into your blender and spin to Yum! I had a noticeable clearing of my sinus' the first time I had one of these.

Total Calories Per Serving: 326; Protein: 7g; Carbs: 47g; Fat: 9g; Fiber: 14g  
*(these are calculated using MyFitnessPal and not exact)*

**Enjoy! Share your comments and suggested twists on the recipe!**