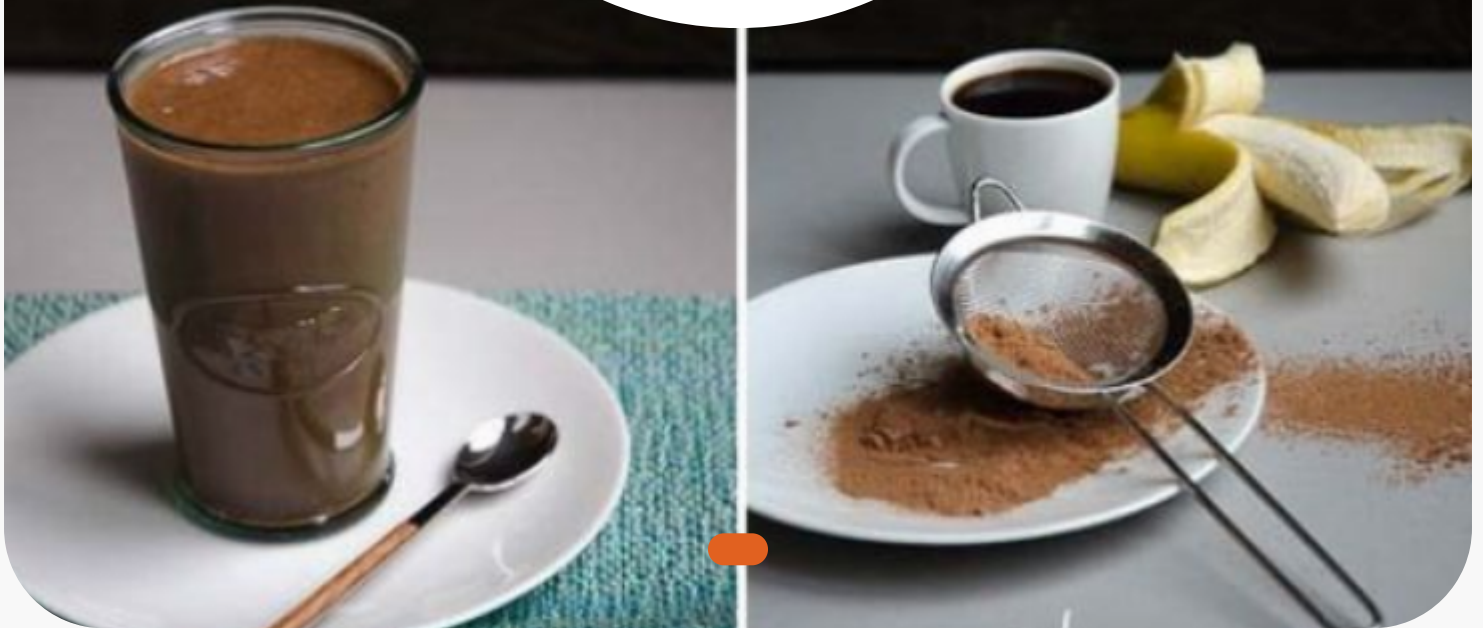




Frozen Monkey' Coffee Chocolate Banana Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 banana frozen sliced
- ☐ 2 teaspoons cocoa powder raw
- ☐ 4 shots espresso grounds cooled
- ☐ 1 tablespoon ground flaxseed
- ☐ 2 medjool dates pitted
- ☐ 1.5 cups milk (see note above)

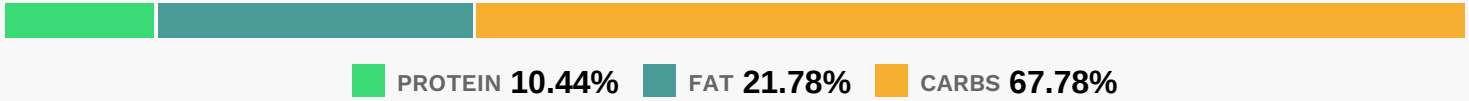
Equipment

blender

Directions

Combine all ingredients in the jar of a blender and blend on high speed until perfectly smooth, about 30 seconds. Divide between two glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.39, Glycemic Load:16.32, Inflammation Score:-7, Nutrition Score:16.173043359881%

Flavonoids

Catechin: 7.85mg, Catechin: 7.85mg, Catechin: 7.85mg, Catechin: 7.85mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 307.67kcal (15.38%), Fat: 8g (12.31%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 56.04g (18.68%), Net Carbohydrates: 50.03g (18.19%), Sugar: 39.22g (43.58%), Cholesterol: 21.96mg (7.32%), Sodium: 80.62mg (3.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 129.5mg (43.17%), Protein: 8.63g (17.26%), Magnesium: 133.49mg (33.37%), Vitamin B6: 0.62mg (31.17%), Potassium: 976.64mg (27.9%), Manganese: 0.55mg (27.61%), Vitamin B2: 0.47mg (27.49%), Phosphorus: 259.68mg (25.97%), Calcium: 257.76mg (25.78%), Fiber: 6g (24.01%), Vitamin B3: 4.62mg (23.09%), Vitamin B12: 0.99µg (16.47%), Copper: 0.29mg (14.57%), Vitamin B1: 0.21mg (13.99%), Vitamin D: 2.01µg (13.42%), Vitamin B5: 1.32mg (13.24%), Vitamin C: 10.41mg (12.61%), Zinc: 1.28mg (8.55%), Vitamin A: 407.74IU (8.15%), Selenium: 5.69µg (8.13%), Folate: 31.17µg (7.79%), Iron: 0.94mg (5.22%), Vitamin K: 2.02µg (1.93%), Vitamin E: 0.23mg (1.52%)