

Java Quinoa Smoothie

Prep Time: 5 minutes
Total Time: 5 minutes

Yield: 2 servings
Calories per serving: 191
Fat per serving: 4.3g

Ingredients

- 1 ½ cups brewed coffee, cooled to room temperature
- 1 cup almond milk or milk of choice
- 1/3 cup quinoa flakes
- 1 tablespoon ground flaxseeds or chia seeds
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon vanilla extract
- ¼ teaspoon cinnamon
- 1 frozen banana, chopped
- 1 -2 tablespoons sweetener, as desired

Instructions

1. Combine all ingredients in a blender and process until smooth. Add ice as desired.

Notes

Servings 2, Calories 191, Fat 4.3g, Carbohydrates 34g, Protein 5g, Cholesterol 0mg, Sodium 106mg, Fiber 5.6g, Sugars 13.1g, WW Pts 5

If you have a high speed blender, you may substitute cooked quinoa for quinoa flakes.

<http://www.cookingquinoa.net/java-quinoa-smoothie>