

CAPPUCCINO BANANA SMOOTHIE

Recipe by CafeAronzo

I have edited this recipe, after months and months (and months) of making and perfecting smoothie recipes. All through last autumn to this spring. By summer, they'll be perfect. I hope you like this low calorie shake, it's gone through alot of testing! By the way, I only use half a banana to cut down on a few calories, but if you want the whole banana, go right ahead!



READY IN: 8mins

SERVES: 2

YIELD: 2 glasses

UNITS: US

INGREDIENTS

- $\frac{3}{4}$ cup skim milk
- 1-2 teaspoon cocoa powder
- 1 teaspoon instant coffee or 1 teaspoon espresso powder
- 2 tablespoons water (optional)
- $\frac{1}{2}$ ripe banana, cut into chunks
- 1 teaspoon imitation vanilla

5 -6 ice cubes or 1 1/2 cups crushed ice

2 2 -3 teaspoons real sugar or 2 -3 teaspoons Splenda sugar substitute

NUTRITION INFO	
Serving Size: 1 (194) g	
Servings Per Recipe: 2	
AMT. PER SERVING	% DAILY VALUE
Calories: 76.9	
Calories from Fat 4 g	5 %
Total Fat 0.5 g	0 %
Saturated Fat 0.3 g	1 %
Cholesterol 1.9 mg	0 %
Sodium 56.4 mg	2 %
Total Carbohydrate 13.7 g	4 %
Dietary Fiber 1.1 g	4 %
Sugars 4.4 g	17 %
Protein 4.3 g	8 %

DIRECTIONS

Place banana chunks into bottom of blender, cover with sugar substitute, then add cocoa powder, and 2 ice cubes (or all the crushed ice).

Separately, mix skim milk with instant coffee (or espresso powder) and vanilla extract. Pour into blender and blend on low until the contained ice is fully mixed in and smooth.

If using ice cubes, add the remaining 3-4 and blend until no chunks are left.