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# Mocha Smoothie

## Description

This is a refreshing pick-me-up for when you need a cool boost.

Total time: 10 min Yield: 1 to 2 servings

## Ingredients

1 cup chilled strong coffee  
1/2 cup oat or coconut milk (thicker milk is ideal)  
1 cup frozen banana chunks  
1/2 cup ice cubes  
1 Tbsp cocoa powder  
2 dates (pitted, cut up)  
2 Tbsp protein powder of choice or almond butter

Prep Time: 10 min Cooking Time: 0 minutes Total Time: 10 min

## Instructions

In a blender add the coffee, milk, frozen banana chunks, ice cubes, cocoa powder, dates, protein powder or almond butter and blend together until thick and creamy.

Pour into your favorite cup and enjoy with a scone or delicious pastry!

## Recipe brought to you by:

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