

COFFEE SMOOTHIE | HEALTHY BLENDED COFFEE!

★★★★★

COURSE: BREAKFAST, DESSERT **CUISINE:** AMERICAN
KEYWORD: COFFEE SMOOTHIE **PREP TIME:** 5 MINUTES
TOTAL TIME: 5 MINUTES **SERVINGS:** 1 **CALORIES:** 386KCAL
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This Coffee Smoothie is naturally sweetened and more nutrient-dense than a fancy coffee shop drink. It reminds me so much of the popular blended drink from Starbucks!

EQUIPMENT

- Vitamix

INGREDIENTS

- 1/2 cup brewed coffee (not hot)
- 3 to 4 Medjool dates , pitted (soak in hot water for 15 minutes if they are not soft)*
- 1 tablespoon hemp hearts
- 1 tablespoon nut butter
- 1 cup ice cubes , or more as needed

INSTRUCTIONS

1. In a high-speed blender, combine the coffee, 3 dates, hemp hearts, and nut butter. Blend until very smooth. Taste the mixture, and add an extra date if you'd like it to be sweeter.
2. Add the ice cubes and blend again, until the smoothie has a slushy texture. Serve right away for the best consistency.

NOTES

Nutrition information is for the whole batch. This is just an estimate, and not a guarantee.

This recipe works best with soft, squishy dates. If you can only find dry ones from a bulk bin, I recommend soaking them in hot water for 10- 15 minutes before blending.

As an alternative, you can replace the dates with 1 frozen banana + 1 tablespoon of maple syrup. In that case, you may need to use a few less ice cubes to achieve a slushy texture.

NUTRITION

Calories: 386kcal | Carbohydrates: 58g | Protein: 10g | Fat: 16g | Saturated Fat: 1g | Sodium: 16mg | Potassium: 679mg | Fiber: 7g | Sugar: 49g | Vitamin A: 185IU | Calcium: 132mg | Iron: 3mg

<https://detoxinista.com/coffee-smoothie/>