



Simple | Healthy | Delicious

## Coffee Cinnamon Bun Smoothie

### INGREDIENTS

|   |
|---|
| 1 cup milk of choice                                    |
| ½ cup yogurt of choice                                  |
| 1 banana, sliced and frozen                             |
| 1 teaspoon pure vanilla extract                         |
| 1 tablespoon honey or maple syrup                       |
| ½ to 1 tablespoon Nature's Earthly Choice™ Coffee Flour |
| 1 teaspoon ground cinnamon                              |
| 1 teaspoon ground nutmeg                                |



### DIRECTIONS:

1. In a blender, combine milk, yogurt, frozen banana slices, vanilla, honey, coffee flour, cinnamon, and nutmeg. Blend until smooth.
2. Pour into a glass and top off with a sprinkling of cinnamon.