

CREAMY COFFEE CAULIFLOWER SMOOTHIE



DIFFICULTY

EASY



TIME

5 MIN



SERVES

1

INGREDIENTS

6 oz. Cold Brew Coffee (*i.e. Kau'ai Caramel*)

6 oz. Unsweetened non-dairy milk or water

1 tsp. Vanilla Extract

2 scoops Vanilla Protein Powder

1/4 tsp. Salt

1/2 Frozen Banana

1 cup Cauliflower Florets

6-8 drops Stevia or 1 tbsp. Maple Syrup

DIRECTIONS

1. Put all ingredients into blender and process until smooth.

NUTRITION FACTS PER SERVING

Calories: 307

Fat: 6.5 oz.

Carbohydrates: 33.2g

Fiber: 5.4g

Sugar: 21.2g

Protein: 31.7g



CALIFORNIA SCHOOLS
VEBA

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