

# 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: 6.5g (Saturated Fat: 6g)   Carbohydrates: 33.2g   Fiber: 5.4g   Sugar: 21.2g   Protein: 31.7g



CALIFORNIA SCHOOLS  
**VEBA**

Leslie Myers | Executive Foodie | VEBA Resource Center