

# Adaptogenic Mushroom Smoothie with Coffee Whey & Cordyceps



Prep Time

**10 minutes**

Total Time

**10 minutes**

Servings

**1**

Allergens

Peanut-free, seafood-free, shellfish-free, egg-free, dairy-free, soy-free, gluten-free

Required Equipment

**Blender**



## Nutrition

641 Calories

46g Fat

26g Protein

20g Net Carbs

## Ingredients

- 1 cup Frozen Cauliflower
- 1 tbsp Almond or Cashew Butter
- 1/2 Frozen Banana (for Keto sub 1/2 cup of frozen zucchini or cauliflower)
- 8 oz Unsweetened Full Fat Coconut Milk (or other non-dairy milk)
- 1 scoop Natural Force Organic Coffee Bean Whey Protein
- 3 capsules Natural Force Cordyceps Pro or a 1/2 tsp each of powdered cordyceps, ashwagandha, and rhodiola

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## Instructions

1. Add cauliflower and milk to blender. Blend until thoroughly combined.
2. Open three capsules of Cordyceps Pro by pulling the capsule ends apart and adding the contents to your blender (or just throw the whole capsules in)
3. Add the remaining ingredients and blend until a smooth, consistent texture is achieved.
4. Pour into your favorite glass or mason jar and serve immediately!

**Variations:** Add 1 tbsp Cacao Powder to make it a mocha!