



COFFEE LOVERS FRAPPE

There's nothing better in the morning than freshly made coffee and this frappe not only delivers you coffee, but also feels more like a meal due to the added banana and protein powder. Super delicious, quick and easy, this recipe gives you a nice chocolate hit from the cacao, a boost of protein and makes a great morning breakfast or pick me up at the 3 o'clock slump.

INGREDIENTS

- $\frac{3}{4}$ cup brewed coffee, cooled in the fridge
- 1 frozen medium ripe banana
- 1 tsp vanilla extract
- 1 Tbsp peanut butter (or nut butter of choice)
- $\frac{3}{4}$ cup frozen cauliflower (or $\frac{1}{2}$ cup ice)
- $\frac{1}{4}$ cup unsweetened coconut or almond milk, plus more if necessary
- $\frac{1}{2}$ Tbsp cacao powder

Optional

- 1 serving of your favourite protein powder
- $\frac{1}{2}$ cup of ice if you like it thicker (pulsed in)
- Whipped cream for topping

SERVES: 2

SETTING: QUICK CRUSH

PREP TIME: 2 MIN

BLEND TIME: 50 SEC

DIRECTIONS

1. Pour in coconut milk, coffee and vanilla extract to your Mealio® Hot & Cold Blender, followed by banana, cauliflower, cacao, peanut butter and protein powder. Add the lid securely and then select 'QUICK CRUSH'.

2. Once blended, pour into your favourite cup and top with whipped cream if desired.

Hints & Tips: If necessary, add in more almond milk to thin the frappe.