



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.