

Energizing Maca Espresso Smoothie



simple
healthy
delicious

Ingredients

- 1 cold espresso shot
- 1 banana, sliced and frozen
- 1 teaspoon Nature's Earthly Choice™ Maca Powder
- 1 cup milk of choice
- ¼ cup yogurt of choice
- ¼ teaspoon ground cinnamon
- 1 teaspoon pure vanilla extract
- 1 scoop protein powder of choice

Directions

1. In a blender, combine all the ingredients until smooth. Add 4 or 5 ice cubes for an icier smoothie. Top with cocoa powder, cinnamon, or coconut flakes.