THE LIGHTER PLATE METHOD

Frozen Banana Coffee Smoothie

A frozen banana whipped with cold coffee and cinnamon — an iced latte with actual body to it.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 1 small banana (peeled and frozen)
- 1 cup coffee (brewed, cooled)
- 150 ml almond milk
- 1 tsp ground cinnamon

Method

1. Freeze the peeled banana for at least 4 hours, or overnight.
2. Blend the frozen banana with the coffee, almond milk and cinnamon until smooth.

Tips & swaps

- Keep a bag of peeled, frozen bananas ready in the freezer for smoothies like this.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
130	**2g**	**26g**	**2g**	**3g**

Estimated values, for guidance only.