

# Recipe

## MOCHA MAVEN GREEN SMOOTHIE

### THE GOODS:

- 3-5 ounces of room temperature organic coffee
- 10 ish ounces of milk of choice
- 1-2 scoops protein or collagen powder of choice (plain or vanilla)
- 2 tablespoons raw cacao powder
- 1-2 tsp MCT oil
- 1 cup cauliflower (partly thawed frozen is a great option)
- 1 handful baby greens or 1 scoop green powder
- Scoop of raw cacao nibs to top (optional)

### THE METHOD:

Add all ingredients into a blender and blend for 30 seconds, or until desired texture. Enjoy!