


Salted Caramel Coffee Smoothie

Prep Time 5 mins
Total Time 5 mins

Meal Type Breakfast, Snack, Side
Contributed By 
Source [ORDER HERE: Use code MEALPLAN10 for 10% off](#)

Servings 2



Ingredients

- 1 banana, *frozen*
- 1 cup Purity coffee, brewed, *chilled or frozen into ice cubes* (see notes)
- 1 cup almond milk, unsweetened
- 1 Tbs cocoa powder, unsweetened
- 1 tsp vanilla extract
- 3 medjool dates, pitted
- 1/8 tsp salt
- 1 Tbs flax meal (ground flax seeds)

Directions

Prep

1. Brew coffee and chill or place in ice cube trays and freeze.

Make

1. Place all ingredients in blender and process until smooth and creamy. Add ice cubes as desired.

Notes

For this recipe and other smoothie creations, Brew coffee and freeze in ice cube trays for the ultimate in creaminess!

Disclosure: Living Plate has partnered with Purity to feature their products in this meal plan.

TO MAXIMIZE FLAVOR AND HEALTH BENEFITS, VIEW BREWING GUIDE [HERE](#).

At [Purity](#), we've brought together prominent coffee industry professionals, scientists, cuppers, and medical practitioners to help us base every decision on maximizing the health benefits of already high-quality coffees. Our areas of expertise may differ, but we all have a singular mission: to evaluate options and choose the healthiest processes for Purity Coffee, from the science to practices – piecing together critical research findings, experimenting with processes, and testing results.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories 179	Total Fat 1.8g	2%	Total Carbohydrates 42g	14%	
	Saturated Fat 0.4g	1%	Dietary Fiber 5g	19%	
Cholesterol 0mg	0%	Total Sugars 31g			
Sodium 242mg	10%	Protein 3g			
Vitamin D 1mcg 13% · Calcium 272mg 27% · Iron 1mg 7% · Potassium 652mg 13%					