

# Coffee Smoothie

Energizing coffee smoothie recipe with banana and creamy texture. Perfect for breakfast or post-workout snack. Ready in 5 minutes!

5 min

PREP

5 min

COOK

10 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Coffee Smoothie

## Ingredients

- 1 cup coffee
- 1 banana
- 1 cup milk
- 1 tsp maple syrup
- 1 tsp vanilla extract

## Instructions

- 1 Prepare the Coffee**

Brew 1 cup of strong coffee using your preferred method and let it cool to room temperature, about 30 minutes, or use leftover cold coffee.
- 2 Prepare the Banana**

Peel and slice 1 ripe banana into 1-inch pieces. Place the slices in the freezer for at least 2 hours until completely frozen and solid.
- 3 Blend the Smoothie**

Add the cooled coffee, frozen banana slices, 1 cup milk, 1 teaspoon maple syrup, and 1 teaspoon vanilla extract to a blender.
- 4** Add 4-5 ice cubes to the blender and blend on high speed for 60-90 seconds until completely smooth and creamy with no visible chunks.
- 5** Taste the smoothie and add more maple syrup if you want it sweeter, or more milk if you prefer it thinner.
- 6** Pour immediately into a tall glass and serve right away while cold and frothy.

## Tips

Use chilled or cold brew coffee to prevent melting the frozen ingredients too quickly and maintain the smoothie's thick consistency.

Freeze banana slices ahead of time in portioned bags for convenient smoothie preparation. Overripe bananas work best as they're naturally sweeter.

Start with less liquid and gradually add more while blending to achieve your desired consistency. You can always thin it out, but it's harder to thicken.

For extra creaminess without dairy, add a tablespoon of cashews, avocado, or rolled oats to the blend.

Taste and adjust sweetness gradually - the frozen banana provides natural sweetness, so you may need less added sweetener than expected.

Use a high-powered blender for the smoothest texture, and blend for at least 60 seconds to ensure all ingredients are fully incorporated.

Pre-chill your serving glass in the freezer for 5-10 minutes to keep your smoothie cold longer.

Double the recipe and freeze half in ice cube trays for quick future smoothies - just blend the frozen cubes with a splash of milk.