

# Vanilla, coffee & coconut smoothie



**DYNAMIX**  
HEALTH & FITNESS

150ml unsweetened almond milk  
70g ripe banana  
35ml coconut milk  
30g vanilla or chocolate flavour  
whey or rice protein powder  
15ml cold coffee (use decaffeinated  
if preferred)  
1 tsp chia seeds  
1 tsp vanilla extract  
3 ice cubes

Place all of the ingredients in a blender  
and blend until creamy. Serve.

*Consume immediately.*

**SERVES 1**



**PER SERVING:**

**277 Calories**

**22g Carbs**

**27g Protein**

**9g Fat**