



Delicious Coffee Smoothie Recipe for Energizing Mornings

Introduction

Start your day right with a delicious and energizing Coffee Smoothie from Love and Lemons. This creamy blend combines the natural sweetness of bananas and dates with the rich flavor of cold brew coffee, creating the perfect pick-me-up. Whether you're rushing out the door or enjoying a relaxing morning, this smoothie is an excellent choice to kickstart your day.

Detailed Ingredients with measures

- 1½ frozen bananas
- ½ to ¾ cup cold brew coffee concentrate, to taste
- ½ cup unsweetened almond milk, plus more as needed
- 3 soft Medjool dates, pitted
- 1 tablespoon almond butter
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon, plus more for garnish
- 2 handfuls of ice
- Chocolate shavings, for garnish

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time: 0 minutes

Total Time: 10 minutes

Yield: Serves 2

Enjoy your delicious and energizing Coffee Smoothie!

Detailed Directions and Instructions

Step 1: Combine Ingredients

In a blender, combine the frozen bananas, cold brew coffee concentrate, almond milk, pitted dates, almond butter, vanilla extract, and cinnamon. Blend until smooth, adding more almond milk if necessary to achieve the desired consistency.

Step 2: Add Ice

Add the ice to the blender and blend again until the smoothie is frosty and well combined.

Step 3: Serve and Garnish

Pour the smoothie into glasses and garnish with a dusting of cinnamon and chocolate shavings. Serve immediately.

Notes

Note on Dates

If your dates are not soft, soak them in warm water for 5 to 10 minutes, then pat dry before using.

See also [Black Forest Mug Cake](#)



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Cook techniques

Blending ingredients

When blending ingredients for the smoothie, start with the softer items first, like bananas and almond milk, to make it easier for your blender to incorporate all the ingredients smoothly.

Adjusting consistency

If your smoothie is too thick, gradually add more almond milk until you reach your desired consistency. Conversely, if the smoothie is too thin, consider adding more frozen banana or ice.

Soaking dates

If your Medjool dates are not soft enough, soaking them in warm water for 5 to 10 minutes will help soften them, making them easier to blend into the smoothie.

Garnishing

For a visually appealing presentation, garnish with a sprinkle of cinnamon and chocolate shavings on top of the smoothie before serving.

FAQ

Can I use regular coffee instead of cold brew concentrate?

Yes, you can substitute cold brew concentrate with regular brewed coffee, but you may want to adjust the quantity to suit your taste.

Is it possible to make this smoothie vegan?

Yes, this recipe is already vegan as it uses almond milk and does not include any animal products.

Can I replace almond butter with another nut butter?

Absolutely! You can use any nut or seed butter you prefer, such as peanut butter or sunflower seed butter, depending on your taste or dietary restrictions.

How can I make this smoothie sweeter?

You can add more Medjool dates or a splash of maple syrup or agave syrup to increase the sweetness according to your preference.

How long can I store leftover smoothie?

It is best to consume the smoothie immediately, but you can store it in an airtight container in the refrigerator for up to 24 hours. Shake well before drinking.

See also Oats Atta Biscuits

Conclusion

This Coffee Smoothie is a delightful blend of flavors and textures, making it a perfect energizing treat for any time of day. The combination of frozen bananas, cold brew coffee, and almond butter creates a creamy, indulgent drink that is both satisfying and nutritious. Enjoy it as a quick breakfast or a mid-afternoon pick-me-up!

Peanut Butter Banana Smoothie

Swap almond butter for peanut butter and add a bit of cocoa powder for a chocolatey twist.

Green Coffee Smoothie

Incorporate a handful of spinach or kale to boost the nutrient content while maintaining a delicious flavor profile.

Vanilla Almond Delight

Use vanilla almond milk instead of unsweetened almond milk and increase the vanilla extract for a richer flavor.

Cinnamon Roll Coffee Smoothie

Add more cinnamon and a splash of maple syrup to create a cinnamon

roll-inspired taste.

Mocha Mint Smoothie

Introduce a few fresh mint leaves and a teaspoon of cocoa powder for a refreshing mocha mint variation.

Berry Coffee Smoothie

Add a handful of frozen mixed berries to the base for a fruity kick that complements the coffee flavor beautifully.



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