

Mocha Flax Smoothie

Ingredients:

1 cup ice cubes
2/3 cup plain 2% reduced fat Greek yogurt
1/4 cup cold brew coffee concentrate
1 1/2 tablespoon ground flaxseed
1 tablespoon unsweetened cocoa
1/2 teaspoon vanilla extract
1 1/2 teaspoon maple syrup or honey

Preparation:

Cooking Time: 10 minutes
Place all ingredients in a blender and blend until smooth.

Nutrition Information:

Serving Size: 1 1/2 cups
Recipe makes 1 Serving

Calories: 200
Total Fat: 8 g
Saturated Fat: 3 g
Sodium: 374 mg
Carbohydrates: 19 g
Fiber: 5 g
Protein: 16 g