



Indigo Herbs Natural Health Guide

Coffee, Banana and Hemp Protein Frappe



Ingredients

- 🌿 2 small frozen bananas
- 🌿 1 cup almond milk
- 🌿 1 tbsp Hemp Protein
- 🌿 1 tbsp Banana Powder
- 🌿 1 tbsp cashew butter
- 🌿 1 tsp instant coffee granules
- 🌿 1 tsp coconut sugar

Method

For a delectable alternative to your morning coffee with heaps more energy boosting ingredients; blend everything together in a smoothie maker or food processor, and dilute with cold water to taste. Rise and shine!