



Sports Coffee Smoothie

U.S.

1/4 cup	Yogurt, plain, low-fat Greek
2 ounces	Protein Powder
1 each	Banana, ripe and frozen
8 ounces	Brewed Coffee
1 Tbsp	Peanut Butter

Metric

55 g
55 g
1 each
235 mL
15 mL

Preparation:

1. Gather all ingredients and equipment.
2. Place in a blender, combine till smooth and enjoy

Nutrition Facts

Serving size	2 cups
Servings	1
Calories	456
Calories from Fat	100
Total Fat	11 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	50 mg
Sodium	195 mg
Carbohydrates	61 g
Dietary Fiber	10 g
Sugars	30 g
Protein	30 g
Vitamin A	2 %
Calcium	0 %
Vitamin C	12 %
Iron	3 %

Phosphorous _____ mg