

Banana Espresso Smoothie

THM:E

- 3/4 cup (FP or E) kefir
- 1 cup frozen banana (about 1 medium)
- 1/4 tsp. pumpkin spice
- 1/2 tsp. vanilla
- 1 tsp. THM Super Sweet
- 1 cup ice
- 1 (or 2) shots of espresso
- 2 Tbsp. THM Optimized Plant Protein

Blend well and pour into a large glass.

*non-coffee drinkers could even try it without the espresso!

enJOY!

