

Wake Up! Smoothie



Prep Time: 5 minutes

Yield: 16-oz. smoothie

Ingredients

- $\frac{2}{3}$ cup almond milk
- 1 banana
- $\frac{1}{3}$ cup vanilla Greek yogurt
- $\frac{1}{4}$ cup whole rolled oats
- 3 tbsp. toasted almonds
- $1\frac{1}{2}$ tbsp. almond butter
- 1 tbsp. flax seed, ground
- 6 chocolate covered espresso beans
- 3 tbsp. [Gustare Espresso Balsamic Vinegar](#)
- Ice, as needed

Directions

Combine all ingredients in blender. Add ice until blender chamber is filled to 16oz indicator. Process all ingredients until smooth and well incorporated. Enjoy immediately!

Note: For another tasty morning treat, add [Gustare Dark Chocolate Balsamic Vinegar](#) instead