

Chocolate Toffee Coffee Smoothie

Ingredients

- 6 ounces strong brewed coffee
- English toffee flavoured Stevia to taste
- Dark or milk chocolate Stevia to taste
- ¼ teaspoon defatted powdered cocoa (Wondercocoa)
- 5 Ice cubes
- 1 tablespoon of milk (optional)

Directions

Puree ingredients together in a blender and serve

Makes 1 serving
0 protein
0 fat
Less than 10 calories

PHASE 3 MODIFICATIONS:

Add half and half or cream and blend. Make homemade Stevia sweetened ice cream style dessert by adding whipped egg whites, whipped cream, Stevia, and cocoa. Freeze and enjoy.

