



Recipes

Beverages

Fat Burning Wake Up Smoothie

Prep Time: 5 minutes

Yield: 1 servings

Ingredients:

- 1/2 cup coconut or any plant based milk alternative
- 1 shot espresso or 1 teaspoon instant coffee
- 1 scoop MCT Lean Vegan Protein Blend Natural Vanilla
- 1 tablespoon MCT Lean MCT Oil
- 1/2 cup ice

Directions

1. Combine all ingredients in a Vitamix or high-speed blender and mix until smooth.
2. Enjoy!