



**COFFEE
OATMEAL
SMOOTHIE**



What's for
breakfast?



Tools

French press

Kettle

Blender

Mason jar (or tall glass)

Ingredients

25g of ground coffee

3oz of milk

3 tablespoons of rolled oats (Oatmeal)

1 tablespoon of flaxseeds

1 banana

25oz of water

8-10 pieces of ice cubes

COMPLETE RECIPE ON COFFEESPHERE.COM