



I wanted to take the time to thank you for giving Coffee Enrich a try. I have to admit, I do have one regret with the product. I picked an awful name. Originally Coffee Enrich was designed to be a great and HEALTHY coffee sweetener, which it is.

However, it has also become a favorite chocolate milk, hot chocolate, and smoothie maker. It is a much healthier (and better tasting) option than the chocolate milk you will find in a store, or any of the sugar filled powders or syrups typically added to milk.

I invite you to add a scoop to a glass of warm milk and give it a try. One little tip is to add the Coffee Enrich when the glass is half full, mix it up, and then fill the glass. It is a little harder to mix because the veggie powders do not dissolve like the pure sugar most powders are made from. It is a little more effort for a LOT MORE health.

I have attached some of my favorite Coffee Enrich smoothie recipes for you as well. One important thing about these smoothies is that you do not have to measure everything to the exact amounts. Just add some of the ingredients and blend it up! Play around, have fun, make it fast/simple and enjoy.

If you create any other great tasting smoothies please send me the recipe ([support@coffeenrich.com](mailto:support@coffeenrich.com)). If it makes it to the list you just may be surprised with a free container of Coffee Enrich (terrible name). 😊

Thank You,

Dr Steve Czys

P.S. To add vitamins, with no added taste, add baby spinach to any smoothie.

P.S.S. For a little extra protein and vitamins, I add an egg or two to my smoothies.

## Chocolate Vanilla Almond Cappuccino

Ingredient	Measurement
Almond Milk	½ Cup
Cold Coffee	½ Cup
Vanilla Extract	1 Tsp
Almonds (or almond extract)	¼ Cup (or 1 Tsp)
Frozen Banana	1 Medium
Coffee Enrich	1–2 Scoops

### Comments and Suggestions

Frothy. Crunchy. Almonds might not fully blend, depending on your blender (hence the crunch). So use the extract if this sounds unappealing. Distinct flavors of almond, vanilla and coffee with a hint of sweetness.

## Peppermint Mocha

Ingredient	Measurement
Cold Coffee	1 Cup
Frozen Banana	1 Medium
Avocado	2 TBS
Peppermint Extract	1 TSP
Coffee Enrich	1–2 Scoops
Ice	¼ Cup

### Comments and Suggestions

Coffee with its strongest flavor and a pleasant mint/chocolate bite. Just a hint of sweetness and a precise cooling mint effect.

## Pumpkin Pecan Coffee

Ingredient	Measurement
Cold Coffee	1 Cup
Frozen Banana	1 Medium
Pumpkin	$\frac{1}{2}$ Cup
Pecans	$\frac{1}{4}$ Cup
Coffee Enrich	1-2 Scoops

### Comments and Suggestions

Creamy. Coffee is most dominant with a precise compliment of pumpkin. Hint of sweetness. Crumble a few pecans on top for more pecan flavor.

## Chocolate Vanilla Coffee

Ingredient	Measurement
Cold Coffee	1 Cup
Frozen Banana	1 Small
Avocado	3 TBS
Vanilla Extract	1 Tsp
Coffee Enrich	1-2 Scoops
Ice	$\frac{1}{4}$ Cup

### Comments and Suggestions

Strong coffee taste with a hint of sweetness, chocolate, and vanilla. Not too creamy.

## Banana Cappuccino

Ingredient	Measurement
Cold Coffee	1 Cup
Frozen Banana	1 Large
Coffee Enrich	1-2 Scoops
Ice	¼ Cup

### Comments and Suggestions

Lots of froth. Add a touch of avocado or less coffee for less froth. Bitter coffee and banana seem to be the perfect pair. Add vanilla, or any spice like cloves for a unique twist.

## Nutmeg Coffee Breakfast

Ingredient	Measurement
Cold Coffee	½ Cup
Almond Milk	½ Cup
Pumpkin	½ Cup
Frozen Banana	1 Medium
Macadamias	12
Nutmeg, Ground	1 Tsp
Coffee Enrich	1-2 Scoops
Ice	¼ Cup

### Comments and Suggestions

Nutmeg and coffee are the most present flavors. This smoothie is thinner than most inside this e-book, but it is still quite smooth. Spice it up with other spices such as cinnamon, ginger, Jamaican allspice, ground cloves, etc. for unique flavors.

## Chai

Ingredient	Measurement
Almond Milk	1 Cup
Coffee Enrich	1-2 Scoops
Nutmeg	1 Dash
Cinnamon	1 Dash
Clove	1 Dash
Ice	½ Cup

### Comments and Suggestions

Can substitute 1/2 Cup coffee for 1/2 Cup of the almond milk for a kick. Excellent heated over the stove too, instead of blending on ice!

## Pumpkin Spice Coffee

Ingredient	Measurement
Cold Coffee	½ Cup
Almond Milk	½ Cup
Pumpkin	½ Cup
Banana	½ Medium
Cinnamon	1-2 Tsp
Nutmeg, Ground	1 Tsp
Coffee Enrich	1-2 Scoops
Ice	¼ Cup

### Comments and Suggestions

Adjust ice to desired consistency. To make heated, whisk all ingredients, except ice and banana, in a small saucepan on medium heat.

## Almond Joy

Ingredient	Measurement
Almond Milk	1 Cup
Coconut Flakes	¼ Cup
Almonds	Handfull
Coffee Enrich	1 Scoop
Ice	1 Cup

### Comments and Suggestions

Adjust ice as desired for consistency. Substitute ½ C of almond milk for ½ C coffee for a kick. If not using a high-powered blender, almonds may leave a bit of a crunch.

## Banana Almond Smoothie

Ingredient	Measurement
Ice	1 Cup
Almond butter or almonds	1-2 TBSP
Almond Milk	1 Cup
Banana	1 Banana
Coffee Enrich	1-2 Scoops

### Comments and Suggestions

Adjust ice to desired consistency. This is one of my favorite smoothies. Feel free to adjust the ingredient amounts to fit your tastes.

# Mint Choca–Chia Pudding

Ingredient	Measurement
Coffee Enrich	1 Scoop
Coconut Milk or Nut milk of choice	1 Cup
Chia Seeds	¼ Cup
Raw honey or Pure Maple Syrup	1 TBSP
Peppermint Extract	1/8 Tsp

## Comments and Suggestions

1. In a medium size bowl, add all ingredients and whisk together.
2. Divide between 2 small bowls or mugs as pictured.
3. Cover and refrigerate overnight.
4. In the morning, or for dessert, serve with some fresh berries and shredded coconut.



## Grasshopper (Alcohol Smoothie)

Ingredient	Measurement
Crème de Menthe	1-2 Shots
Crème de Cacao	1-2 Shots
Banana (optional)	1 Large
Coffee Enrich	2 Scoops
Ice	1 Cup
Almond Milk	1-2 Cups

### Comments and Suggestions

Okay, nobody is perfect 😊 This is a family favorite at holidays. A little alcoholic drink everyone will love. Do not worry about measuring exact portions. Just mix it together and have some fun. It is a great chocolate mint drink.

## Chocolate Mug Cake

Ingredient	Measurement
<b>Almond Flour</b>	<b>1 Heaping TBLS</b>
<b>Coffee Enrich</b>	<b>1 Scoop</b>
<b>Almond Milk (Vanilla is great)</b>	<b>1 TBLS</b>
<b>Egg</b>	<b>1</b>
<b>Vanilla Extract</b>	<b>1 TSP</b>

### Comments and Suggestions

It really is so delightfully simple! Mix all ingredients together in a mug and microwave for 1-1.5 minutes.

# High Protein Mud Cake

Ingredient	Measurement
Eggs	2
Coconut Oil Or Butter (Melted)	2 TBSP
Coconut Flour	1 TBSP
Coffee Enrich	2 Scoops
Tapioca Flour (Optional)	1 TBSP
Baking Soda	½ TSP
Vanilla Extract	1 TSP
Salt	Pinch

## Comments and Suggestions

You can combine the ingredients in a blender and then pour it into a mug. Or, if the oil is melted you can whip it up together with a fork right in the mug. 😊

Microwave 2-3 mins until center is cooked.