

On The Go

SToK + Oikos PRO smoothies

You've only got two hands, and you need one to open the door when you're on the move! You can make an easy grab-and-go breakfast all in one cup with this delicious smoothie.



Ingredients

- 1 cup SToK Cold Brew Un-Sweet Black Coffee
- 1 5.3 oz Oikos Pro Vanilla Cup
- 1/2 medium banana
- 1/2 avocado
- 1/2 cup frozen riced cauliflower
- 1/2 cup frozen blueberries
- Handful fresh spinach

Directions

Add all ingredients to a blender and blend until smooth. Pour into a cup and enjoy.