

# Cappuccino No-Milk Shake

Ivy Larson - "Clean Cuisine"  
Palm Beach Post

## Servings: 1

1 banana, cut into bite-sized pieces  
1/2 cup water  
2 tablespoons hemp seeds  
8 almonds  
1 teaspoon instant espresso powder  
1/2 teaspoon cinnamon  
1 teaspoon pure vanilla extract  
4 prunes  
1 1/2 cups ice

Place all of the ingredients except the ice in a high-powered blender. Process until smooth and creamy.

Add the ice and process again.

Drink ice cold.

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Per Serving (excluding unknown items): 6883 Calories; 594g Fat (72.4% calories from fat); 229g Protein; 281g Carbohydrate; 130g Dietary Fiber; 0mg Cholesterol; 142mg Sodium. Exchanges: 15 Grain(Starch); 26 Lean Meat; 3 Fruit; 102 Fat.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	6883
% Calories from Fat:	72.4%
% Calories from Carbohydrates:	15.2%
% Calories from Protein:	12.4%
Total Fat (g):	594g
Saturated Fat (g):	56g
Monounsaturated Fat (g):	385g
Polyunsaturated Fat (g):	125g
Cholesterol (mg):	0mg
Carbohydrate (g):	281g
Dietary Fiber (g):	130g
Protein (g):	229g
Sodium (mg):	142mg
Potassium (mg):	9039mg

Vitamin B6 (mg):	2.0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	2.4mg
Riboflavin B2 (mg):	8.9mg
Folacin (mcg):	691mcg
Niacin (mg):	39mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

### Food Exchanges

Grain (Starch):	15
Lean Meat:	26
Vegetable:	0
Fruit:	3

**Calcium (mg):** 3069mg  
**Iron (mg):** 43mg  
**Zinc (mg):** 34mg  
**Vitamin C (mg):** 19mg  
**Vitamin A (i.u.):** 766IU  
**Vitamin A (r.e.):** 76 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 102  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 1

### Amount Per Serving

**Calories** 6883      **Calories from Fat:** 4982

### % Daily Values\*

<b>Total Fat</b> 594g	914%
Saturated Fat 56g	282%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 142mg	6%
<b>Total Carbohydrates</b> 281g	94%
Dietary Fiber 130g	518%
<b>Protein</b> 229g	

<b>Vitamin A</b>	15%
<b>Vitamin C</b>	32%
<b>Calcium</b>	307%
<b>Iron</b>	240%

\* Percent Daily Values are based on a 2000 calorie diet.