Banana Coffee Frappe

Ingredients:

- *1 ¼ cup chopped frozen bananas*
- *¾ cup of leftover cold coffee*
- *¼ cup of non-fat milk*
- *1 tsp. vanilla extract*

Directions:

1. *Put all ingredients in blender and blend until smooth. Enjoy!*

***Nutrition Info**: 190 Calories, 0g Fat, 45g Carbohydrate, 4g Protein, 34mg Sodium*

Coffee may taste good and get you going in the morning, but have you ever thought about its effects on your health? Coffee has been blamed for many things in the past such as stunting growth, heart disease, and cancer, but recent research indicates there are many health benefits that outweigh the potential risks of consuming coffee. Recent studies have shown no connection between coffee and increased risk of heart disease or cancer. Studies have also shown that coffee has health benefits such as reducing risk for Parkinson's disease, type 2 diabetes and liver disease. It may also improve cognitive function and decrease the risk of depression.

So if coffee is healthy for us, should we drink as much it as we can? If you want to avoid adverse side effects from caffeinated coffee, the answer is no. The research shows that high consumption of unfiltered coffee (boiled or espresso) has been associated with mild elevations of cholesterol levels. Also, some studies found that two or more cups of coffee a day can increase the risk of heart disease in people with a specific and fairly common genetic mutation. Drinking too much coffee can also result in adverse effects such as anxiety symptoms especially in those with pre-existing anxiety disorders. Coffee consumed in excess amounts can also increase our blood pressure. Up to 400 milligrams of caffeine a day, or about 4 cups of brewed coffee, appears to be safe for most healthy adults.

While a plain cup of coffee has about 2 calories, adding cream and sugar to your coffee adds more fat and calories. Some coffee drinks contain more than 500 calories. When watching your caloric intake it's best to drink black coffee, or add sugar-free flavoring, non-calorie sweeteners, or skim milk to keep it low-calorie.

On a side note, today is **National Coffee Day**! You can score free coffee at the following places today: Dunkin' Donuts, Krispy Kreme, LaMar's Donuts, Flying J, and Panera Bread.

Don't pour that leftover coffee down the drain. The recipe below has no sugar added and uses cold leftover coffee in a tasty, healthy beverage.