**THIS COMPETITIVE BOXER’S CAFFEINATED SMOOTHIE PACKS A ONE-TWO PUNCH OF FIBER AND PROTEIN**

To kickstart your day, you can’t go wrong with the energizing combination of coffee, protein, and fiber. Take it from retired competitive boxer and founder of Juice Press [Marcus Antebi](https://www.instagram.com/marcusantebi/?hl=en). He’s been making his signature coffee smoothie recipe  to fuel his workouts for years.

While training as a competitive boxer, Antebi changed up his diet to consist primarily of cold-pressed juices, smoothies, and salads. It was this lifestyle change that led him the open the very first [Juice Press](https://juicepress.com/locations) in 2010. “Eliminating processed foods and replacing hem with pure, plant-based options has given me the physical health to succeed as a Muay Thai boxer and yogi,” he says.

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Antebi’s caffeinated plant-powered smoothie, which comes from the [Well+Good Cookbook](https://amzn.to/2W5ajHW%22%20%5Ct%20%22_blank), provides more energy, mental clarity, and all the fire you need to make through the morning. You’ll get a decent amount of protein from the almond butter as well as a serving of fiber from the cauliflower and banana. Cacao nibs and dates add depth and sweetness. And the coffee adds a just the right energizing buzz you need to get your day doing. It’s an excellent pick-me-up before early morning workouts. Call it plant-powered—with a punch.

## Competitive coffee smoothie

Ingredients
3/4 cup brewed coffee, cold
1/4 cup nondairy milk
1/2 frozen banana
1/4 cup chopped frozen cauliflower
1/4 cup ice cubes
2 pitted dates, such as Medjool or Deglet Noor
2 tablespoons almond butter (optional)
cacao nibs, chopped
almond butter, melted, for topping

1. In a high-speed blender, combine the coffee, nondairy milk, banana, cauliflower, ice, dates, and almond butter (if using).
2. Blend until smooth, creamy, and completely combined.
3. Pour into a glass and top with cacao nibs and a drizzle of melted almond butter. Enjoy immediately.