



Great news about coffee!

Creative Coffee Beverages Give You a Healthy Boost

Here's how you can use your imagination to create tempting coffee shakes that can give you a functional boost throughout the day. Start with this recipe, then design your own concoction to satisfy your personal taste preferences. Enjoy yourself while you take advantage of coffee's many healthy benefits!

We all know that breakfast plays an important role in keeping our hunger under control; it helps improve our ability to concentrate and keeps us from binge eating even in mid-afternoon. But too often we're just too rushed to make a healthy morning meal. Now there's no excuse – This Smart Start Milkshake takes less than 10 minutes to make, but helps you get health benefits for the whole day.

Recent studies confirm that people who drink moderate amounts of coffee daily (3-5 cups) may have a reduced chance of getting type 2 diabetes,¹ liver disease,² Parkinson's,³ colon cancer and even Alzheimer's.^{1,2,3} Additional findings suggest coffee may help improve short-term memory (like the kind you need before an important college exam).⁴ It may also help us process information faster and improve our eye-hand

coordination.⁵ What's more, all these attributes are even more enjoyable when you realize that coffee's rich, distinctive flavor goes so well with other natural flavors like banana, raspberry, peach, almond, vanilla, honey, chocolate or mint. You can put the chill on even summer's hottest day with this frosty Smart Start Milkshake featuring the luscious combination of coffee, chocolate and mint.

In addition to the benefits coffee delivers, you'll get a calcium boost from the milk and ice cream.

For more creative ways to use coffee to brighten up meals or any time you need a healthy lift, visit www.coffeescience.org. If you create an original coffee milkshake recipe that you think is worth sharing with the world, email us from the web site!!

¹Does coffee consumption reduce the risk of type 2 diabetes in individuals with impaired glucose? *Diabetes Care*: 2006.

²Coffee and tea consumption are associated with a lower incidence of chronic liver disease in the United States. *Gastroenterology*: 2005.

³Coffee and health: a review of recent human research. *Crit Rev Food Sci Nutr*: 2006

⁴Does coffee improve memory? *Health News*: 2006.

⁵Effect of chronic caffeine intake on choice reaction time, mood, and visual vigilance. *Physiol Behav*: 2005.



Smart Start Milk Shake **Makes two 12-ounce servings**

- 1 cup brewed coffee, cold or at room temperature
- 1 cup chocolate ice cream (*low-fat or soy-based works fine*)
- ½ cup low-fat (1%) milk or soy milk
- 1 packet artificial sweetener
- ½ teaspoon peppermint extract (*you may substitute vanilla or almond*)

Place ingredients in a blender, cover and blend on high speed for 1 minute. Pour into 2 tall glasses. Serve immediately.