



Gingerbread Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder
1/2 Banana (frozen)
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 1/2 tsp Blackstrap Molasses
1/2 tsp Ginger (fresh, minced)
1/4 tsp Cinnamon (ground)
1/8 tsp Ground Cloves

Directions

- 1 Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds, Use flax seeds instead.

No Blackstrap Molasses, Use maple syrup instead.

Nut-Free, Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies, Add frozen cauliflower.