



GINGERBREAD SMOOTHIE

Ingredients

- 1/2 a frozen banana
- 2 tsp of almonds
- 1/2 scoop of vanilla protein powder of choice-but read the label & do some research- some are not healthy for you (I use organic plant based powders low in sugars, simple ingredients & add in other plant based proteins)
- 1 tbsp of flax/chia/hemp mixture
- sprinkle of nutmeg
- 1 tsp of almond butter
- 1 cup of milk (I usually use coconut or oat milk)
- 1/2 tsp of fresh ginger
- Dash of pure maple syrup or molasses (don't need both)
- Sprinkle cinnamon on top or garnish with a cinnamon stick & pecans

