

# Banana Cinnamon Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Vanilla Protein Powder  
2 tbsps Ground Flax Seed  
2 tbsps Chia Seeds  
2 Banana (frozen)  
4 Ice Cubes  
2 cups Water  
1/2 tsp Cinnamon

## DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Carbs	36g
Fat	7g	Protein	24g