

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 tps Blackstrap Molasses
1/2 tsp Ginger (fresh, minced)
1/4 tsp Cinnamon (ground)
1/8 tsp Ground Cloves

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	356	Carbs	32g
Fat	16g	Protein	26g