



GINGER BREAD SPICED GREEN SMOOTHIE

The goods:

12 oz. cashew milk
1/2 banana
1 scoop vanilla protein powder
1/4 tsp ginger
1/4 tsp cinnamon
dash nutmeg
dash cloves
1-2 tsp pure molasses
Generous handful of greens
(optional scoop of chia seeds)

The Method:

Combine all ingredients in a blender, and blend until a smooth consistency.
Sprinkle additional cinnamon on top and serve!



