

# Warming cinnamon smoothie



60g frozen banana (or use fresh plus 3 ice cubes)

140ml unsweetened almond milk

1 heaped tsp ground cinnamon

a small pinch of ground nutmeg

30g vanilla flavour whey or rice protein powder (optional)

1 tbsp flaxseed or shelled hemp

1 tbsp almond butter (or use nut butter of your choice)

Place all of the ingredients in a blender and blend until creamy. Serve.

*Consume immediately.*

**SERVES 1**



**PER SERVING:**

**356 Calories**

**22g Carbs**

**31g Protein**

**16g Fat**