



## Gingerbread Smoothie

1 serving

5 minutes

### Ingredients

240 milliliters Unsweetened Almond Milk  
24 grams Vanilla Protein Powder  
1/2 Banana (frozen)  
12 grams Chia Seeds  
16 grams Almond Butter  
8 milliliters Blackstrap Molasses  
1 gram Ginger (fresh, minced)  
650 milligrams Cinnamon (ground)  
263 milligrams Ground Cloves

### Nutrition

Amount per serving	
Calories	356
Fat	16g
Carbs	32g
Fiber	8g
Sugar	13g
Protein	26g
Potassium	732mg
Vitamin A	539IU
Vitamin C	5mg
Calcium	747mg
Iron	4mg
Vitamin D	101IU
Vitamin E	4mg
Folate	28µg
Vitamin B12	0.6µg
Magnesium	180mg
Zinc	2mg
Selenium	7µg

### Directions

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

### Notes

**No Chia Seeds:** Use flax seeds instead.

**No Blackstrap Molasses:** Use maple syrup instead.

**Nut-Free:** Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

**More Veggies:** Add frozen cauliflower.