

Gingerbread Smoothie

9 ingredients · 5 minutes · 1 serving



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.

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 tsp Blackstrap Molasses

1/2 tsp Ginger (fresh, minced)

1/4 tsp Cinnamon (ground)

1/8 tsp Ground Cloves

Nutrition

Amount per serving

Calories	356	Calcium	747mg
Fat	16g	Iron	4mg
Saturated	1g	Vitamin D	101IU
Trans	0g	Vitamin E	4mg
Polyunsaturated	3g	Thiamine	0.2mg
Monounsaturated	7g	Riboflavin	0.8mg
Carbs	32g	Niacin	1mg
Fiber	8g	Vitamin B6	0.5mg
Sugar	13g	Folate	28µg
Protein	26g	Vitamin B12	0.6µg
Cholesterol	4mg	Phosphorous	414mg
Sodium	209mg	Magnesium	180mg

Potassium	732mg	Zinc	2mg
Vitamin A	539IU	Selenium	7µg
Vitamin C	5mg		