

Ginger Bread Spiced Smoothie

Ingredients:

12 oz. cashew milk
1 banana
1 scoop vanilla protein powder
1/4 tsp ginger
1/4 tsp cinnamon
dash nutmeg
dash cloves
2 tsp pure maple syrup

The Method:

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

