

# Gingerbread Smoothie

9 ingredients · 5 minutes · 1 serving



## Directions

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1. Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### 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

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**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 tps** Blackstrap Molasses

**1/2 tsp** Ginger (fresh, minced)

**1/4 tsp** Cinnamon (ground)

**1/8 tsp** Ground Cloves