

Banana Bread Smoothie



2 scoops of your favorite
vanilla protein powder
1 frozen banana
1 tsp. cinnamon
1 tsp. org. vanilla
1 Tbs almond butter
12 oz. nut milk
1 tsp. pure, dark maple
syrup, coconut nectar or
honey

Blend together and serve.

If your protein powder is already sweetened then avoid adding the additional sweetener.