



Banana Cinnamon Smoothie

1 serving

5 minutes

Ingredients

1 serving Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 tbsp Chia Seeds
1 Banana (frozen)
2 Ice Cubes
1 cup Water
1/4 tsp Cinnamon

Directions

- 1 Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

Notes

No Protein Powder: Use hemp seeds with vanilla extract instead.

Leftovers: Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green: Add spinach.