

Gingerbread Smoothie

Recipe makes 1 smoothie

Ingredients

100g Ice Cubes (about 6 cubes)
1 scoop Legion Vanilla Protein Powder (or any brand of vanilla)
1/2 cup Fat Free Fairlife Milk
2 Tbsp Cookie Butter (warmed)
1/8 tsp Ginger



Instructions

1. Warm 2 Tbsp of cookie butter in the microwave for 15-30 seconds until softened.
2. Add all ingredients in a blender and blend until smooth.
3. Transfer to a glass and enjoy!

Nutrition Profile

- per smoothie -

Calories - 330

Fat - 14g

Carbohydrates - 27g

Protein - 30g

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Notes

- This smoothie is a great option for a high protein dessert, snack, or even a post workout protein shake.
- The consistency of this recipe is like a thick protein shake. If you like more of a milkshake consistency, you can skip the milk and add more ice. Adding a tsp of xanthan gum will make this more of an ice cream consistency if you want something even thicker.