

VANILLA CHAI PROTEIN SMOOTHIE

INGREDIENTS

ITEM	QUANTITY
• Vanilla Protein Powder	1 Scoop
• Unsweetened Almond Milk	1 Cup
• Cinnamon	½ Tsp.
• Ground Ginger	¼ Tsp.
• Pinch of Nutmeg	
• Cup Ice	½–1 Cup

SERVING SIZE 1

PREPARATION

- Add almond milk, protein powder, cinnamon, ginger, nutmeg, and ice to a blender.
- Blend until completely smooth and creamy.
- Adjust consistency with additional almond milk or ice, if desired.

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