

Warm Gingerbread 'Smoothie'

Makes: 1 serving

Prep time: 1 minute

Cook time: 1-2 minutes

INGREDIENTS:

- 1/2 cup mashed sweet potato
- 1 serving vanilla protein powder
- 1 tbsp almond butter
- 1/2 tbsp pure maple syrup
- 1/2 tsp cinnamon
- 1/2 tsp ginger (ground)
- 1/2 tsp vanilla extract
- Pinch of salt
- 1 cup nut milk of choice



Serving size: 1 full smoothie

INSTRUCTIONS:

1. Poke holes in the top of the sweet potato using a fork and place in the microwave. Cook for 3-5 minutes (depending on the size of the potato) until soft and squishy to touch. Remove from the microwave. When slightly cooled, scoop out the middle and mashed with a fork. Add 1/2 cup to a high speed blender.
2. Add the rest of the ingredients and blend until smooth.
3. Scoop out and put into a small pot on the stove top and heat until slightly warm. Enjoy immediately!