

Recipe: Gingerbread Protein Shake

Ingredients:

- 8 oz unsweetened vanilla flavored almond milk
- ½ banana
- ¼ tsp cinnamon
- 1/8 tsp ground ginger
- 1/8 tsp nutmeg
- Ice

Directions:

Add all ingredients to blender, Magic Bullet or Vitamix. Add ice and blend to desired consistency. Enjoy!