

Frosted Gingerbread Cookie Protein Smoothie Recipe

Prep Time: 2 minutes \ Total Time: 2 minutes

Servings 1 serving

Ingredients

- 1-2 cups ice
- ½ - 1 cup unsweetened vanilla almond milk or other milk of choice
- 1 serving vanilla Meal Replacement Powder (2 scoops)
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
or use ½ teaspoon for a spicier shake,
⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground cloves
- Optional toppings: crushed gingersnap cookie, whipped cream, sprinkles



Nutrition

Serving: 1 smoothie | Calories: 180 | Carbohydrates: 3.5g | Protein: 22.5g |