



# RECIPES

## “King Cake” Smoothie

### INGREDIENTS:

- 1/2 frozen ripe banana
- 1/2 cup almond milk (original)
- 1/2 cup cold water
- 1/4 tsp vanilla extract
- 1/4 tsp ground cinnamon, plus more to taste
- 1/4 cup quick oats
- 1 oz low fat cream cheese (or 3 oz plain Greek yogurt)
- 3 - 4 ice cubes

### INSTRUCTIONS:

Add all ingredients to a blender and process until smooth. Serve immediately.

Makes 1 Serving

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From: <http://www.cookingclassy.com/2013/12/cinnamon-bun-breakfast-smoothie/>