



## EGGNOG SMOOTHIE

### Ingredients

- 1/2 a frozen banana
- 2 pitted dates
- 2 tbsp of cashews
- 1/2 scoop of vanilla protein powder (I use organic plant based powders)
- 1 tbsp of flax/chia/hemp mixture
- Sprinkle of nutmeg
- 1 cup of milk ( I usually use coconut or oat milk)
- Sprinkle cinnamon on top or garnish with a cinnamon stick and pecans

