

Salted Caramel Smoothie



Ingredients

For 1 serving

- 200g Frozen Banana
- 1 cup Unsweetened Almond Milk
- 15g Vanilla Protein Powder
- 1 Tbsp Ground Flaxseed
- 1 Tbsp Almond Butter
- Dash of Pink Himalayan Salt
- 4 Large Pitted Dates (or 6 small)
- 4 Ice Cubes
- Add extra ice cubes for thicker smoothie!

Directions

1. Add all ingredients to blender and mix well

This is a really great option if you are short for time and need a healthy meal to eat on the go!

