

MEXICAN SPICED SHAKE



INGREDIENTS:

- 1/2 scoop vanilla protein powder
- 1/4 cup Greek vanilla Non-fat yogurt
- 1/2 tbsp almond nut butter
- 2 tbsp quick/Old fashioned oats
- 1/3 cup unsweetened cashew milk
- 2 oz. frozen banana
- 1/4 tsp cayenne pepper
- 1/2 tsp cinnamon

DIRECTIONS:

1) Blend all ingredients together in a blender and serve!

Enjoy!

Makes 1 serving

Calories: 267 | Protein: 21 gm | Carbs: 34 gm | Fat: 7 gm