

Spiced Cinnamon Maca Shake



Ingredients:

- 1 1/4 cup raw almonds (soaked overnight)
- 2 cups unsweetened almond milk
- 1 teaspoons coconut oil
- 1 Medjool date, pitted
- 1/2 teaspoon vanilla extract
- 1 scoop protein powder or collagen peptide
- 1 teaspoon ground cinnamon
- 1/8 teaspoon butter ginger
- Pinch of ground nutmeg and clove.
- 1 tablespoon organic maca powder (optional)



Instructions:

- Put all the liquid and whole food into a high-speed blender first, then followed by the dry ingredients.
- Blend until smooth (adding a little water to dilute if needed)
- Top with a sprinkle of cinnamon
- Enjoy