

## Gingerbread Smoothie

It's the most wonderful time of the year! Along with that comes some of our favorite holiday treats. One of which being Gingerbread Cookies! However, those cookies may have a bit more baggage than we plan for. They can have up to 160 calories with up to 2g of saturated fat (10% of the maximum recommended amount) and 8 grams of added sugar (around 2 teaspoons) per cookie. It's great to indulge sometimes, but I think we all know how hard it is to stop at just one cookie. Those numbers can add up quickly after a few.

The culinary team and dietitians have channeled the holiday spirit to provide you with the wonderful taste of gingerbread that you love with a bit of a healthy twist. It can be a great mid-morning pick-me-up for when you realize that the holiday season is in full swing and want to stay in the spirit. It will fill you with thoughts of decorating gingerbread houses and breaking off a piece of the roof to snack on.

You may look at the ingredients and think, "Wait a minute...bananas don't go into gingerbread!" Well frozen bananas are actually great for adding a nice creaminess to smoothies. Plus, you get a bonus serving of fruit! Flax seeds are also included to make it an excellent source of fiber and heart healthy unsaturated fatty acids. All while giving you the warm, fuzzy feeling that comes with cinnamon, cloves, and nutmeg.

This smoothie provides 9 grams of fiber, 8 grams of those heart healthy unsaturated fatty acids, along with 6 grams of protein per serving to help fill you up and deliver plenty of nutrients. Almond milk, along with a little bit of molasses and honey, is added to give you just the right amount of sweetness.

### Ingredients

- 1 frozen banana
- 1 cup almond milk (or milk of choice)
- 2 Tbsp flax seeds
- 1 Tbsp honey
- 1 Tbsp molasses
- 1 Tbsp Gingerbread Spice Blend (shown to the right)

### Gingerbread Spice Blend

- 1 tsp ginger
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp cloves

### Directions

1. Pre-mix Gingerbread Spice Blend for use in the ingredients list.
2. Add all ingredients into blender, cover, and puree until smooth.
3. Enjoy!

### Yields – 16 oz.

Calories: 360  
Sodium: 194 mg

Protein: 6 g  
Fiber: 9 g

Carb: 68 g

Fat: 9 g

