

# Gingerbread Dessert Smoothie

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 can (400mL) of organic full fat coconut milk or nut milk\*
- 2 ripe bananas
- 2 tbsp blackstrap molasses
- 1 tsp ground cinnamon
- 1/2 tsp pure vanilla extract
- 2 thumb size fresh pieces of ginger
- 1 scoop of protein powder
- coconut flakes (optional)

## Instructions:

1. Place all ingredients into your blender and give a whirl!
2. Top with coconut flakes if you like!

## Notes:

Serves 2. If you want to make this a breakfast smoothie or power it up, simply add 1 scoop of your favourite protein powder. If it's not creamy enough, add half an avocado. \*If you use nut milk from a carton or tetra-pak just keep in mind it probably won't be as creamy as using full fat canned coconut milk. I really like serving this in shot glasses.