

# Cinnamon Bun Smoothie

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 tbsp real local maple syrup
- 4 medjool dates
- 1 tsp ground cinnamon
- 1 frozen banana
- 1 tsp vanilla extract
- 1 scoop plant-based protein powder
- 1 cup nut/hemp milk of your choice
- Filtered water to your desired consistency.?

## Instructions:

1. Combine all ingredients in blender and blend until smooth.