



WEIGHT MANAGEMENT

Gabriela Peacock's

Sweet Craving Reducing Smoothie

Ingredients:

1/2 frozen banana
1/2 cup frozen cauliflower
1 cup almond milk
1 tablespoon chia seeds
1 tablespoon quality nut butter
1 scoop protein powder
2-3 tablespoons raw cacao powder
1/4 teaspoon ground cinnamon
1/2 teaspoon quality vanilla extract
pinch of cayenne pepper to taste
pinch of sea salt

Method:

Combine all ingredients in a blender and serve.

