

COLD WEATHER COMFORT SMOOTHIE

This smoothie is a GREAT drink to make quickly before going to the gym on cold winter days or nights. The banana provides energy while the protein helps with muscle growth. And it's so much more satisfying than drinking an ice cold smoothie before heading out into the cold or snow!

Serves 1 (about 16 ounce) or 2 (8 ounce) servings

INGREDIENTS

- 1/2 small yellow (only a few spots; not brown) banana
- 8 ounces Silk® Unsweetened Original Almond Milk
- 2 tablespoons Silk® Caramel Creamer
- 1 scoop of your favorite caramel or vanilla protein powder (I prefer whey or egg protein powder over pea protein for a more decadent smoothie)
- Cinnamon, to taste (optional)
- Caramel-flavored zero-calorie natural sweetener, to taste (optional)



PREPARATION

- 1.** Add the banana, almond milk, creamer and protein powder to the cup of a mini-blender or jar of a blender.
- 2.** Blend on high until smooth and slightly frothy.
- 3.** Transfer the mixture to a small saucepan and heat until just warm, adding the cinnamon and/or caramel-flavored zero-calorie natural sweetener, if desired.
- 4.** Pour into a heat-proof (18-20 ounce) mug or divide it among 2 (10-12 ounce) mugs for sharing.