

JENNI MARIE'S TEST KITCHEN

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Oatmeal Cinnamon Smoothie (GF)

1 serving - approx. 50g. protein

Equipment Needed:

- High-Speed Blender
- Measuring Cups & Spoons
- Kitchen Scale

Directions:

Gather all ingredients and equipment. Combine all ingredients in a high-speed blender, always starting with the liquid first. Blend until smooth. Pour smoothie into serving glass of choice and enjoy! **If you don't have a high-speed blender, a traditional blender will work, but it will not process chunky ingredients as smoothly. If you're using a regular blender, you can blend for 30 seconds, and then let ingredients soak for a few minutes to soften up a bit, and then finish blending until smooth.

- **1.5 C. (12oz. / 356ml.) Fairlife Lactose Free Milk (19g. protein)**
(adjust protein if using regular dairy milk or dairy free milk like oat, almond, etc.)
- **3 Medjool Dates, pitted**
- **2 T. (16g.) Rolled Oats (sub w/ spelt flakes for oat free)**
- **1 T. (10g.) Chia Seeds**
- **2 T. (32g.) Peanut Butter (sub w/ nut butter of choice)**
- **1 Scoop (28g.) Vanilla Protein Powder (optional - adjust protein of omitting)**
- **1/2 t. Ground Cinnamon**
- **1/2 t. Pure Vanilla Extract**
- **1/2 T. (8g.) Pure Maple Syrup (sub w/ 1/2 T. allulose syrup for sugar free)**
- **Tiny pinch of kosher salt (optional)**
- **Handful of Ice Cubes**

