



Snickerdoodle smoothie

Snickerdoodle is a popular flavour in the States, and I've recreated it here. This is high protein, low on the carbs (relatively) and would go great with a couple of hard boiled eggs as a breakfast. Serves 1. Per serve: Cal: 326; Fat: 10g; Pro: 41g; Carbs: 15g

Serves: 1, Prep time: 00:05, Cook time: -

Instructions

Put all in the blender and whizz until smooth (a couple of minutes).

To increase thickness, can add more ice and reduce the almond milk for it to be more like nice cream.

Ingredients

- 0.5 Banana, Medium, frozen
- 0.5 Zucchini, Medium, frozen
- 30 grams Vanilla protein powder, I used Balance vanilla plant protein (1 oz)
- 10 grams Collagen powder, I used Puraz collagen (0.5 oz)
- 0.25 cups Egg whites, I used Zeagolds
- 10 grams Almond butter (0.5 oz)
- 0.5 teaspoon Cinammon
- 0.5 cups Ice
- 1 cups Unsweetened almond milk