



# **CINNAMON ROLL PROTEIN SMOOTHIE**

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# CINNAMON ROLL PROTEIN SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
162 kcal  
3g Fats  
15g Carbs  
22g Protein



GF

HP

V

Q

N

## WHAT YOU NEED

- 1 banana
- 2 scoops (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

## WHAT YOU NEED TO DO

*Place all ingredients into a blender and pulse until smooth.  
Serve.*



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