



Cinnamon Swirl Protein Shake

How often have you blended up various concoctions of shakes and smoothies and ultimately felt like a little 'something' was missing? Well if you hadn't added cinnamon, that's what was missing!

Cinnamon not only adds a tantalizing and tasty kick, it also adds quite a few powerful health benefits.

Cinnamon:

- contains large amounts of high potency antioxidants, which helps the body fight infection and is critical for the repair of tissue damage
- may drastically cut the risk of heart disease, having shown a reduction in levels of total cholesterol and triglycerides, as well as a reduction in blood pressure, in well-documented medical studies
- has been shown to significantly increase sensitivity to the hormone insulin, which can lower and help stabilize blood sugar levels
- helps fight bacterial and fungal infections
- may have a protective effect against cancer and certain neurodegenerative diseases

We'll drink our Cinnamon Swirl Shake to that!

Here's the recipe:

- one small frozen banana
- 1 cup unsweetened almond milk
- 2 tablespoons almond butter
- 1-2 scoops grass-fed whey protein powder (unflavored) or alternative powder (no soy!)
- 1/2 teaspoon ground cinnamon (ceylon is best)
- a tiny splash of vanilla or a bit of vanilla paste
- a few ice cubes

Whir in a blender, garnish with more cinnamon, and enjoy!