

# FLAP JACK SMOOTHIE

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## INGREDIENTS

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### For 1 serving

- ½ cup vanilla almond milk
- 2 Tbsp Better 'N Peanut Butter
- 2 Tbsp real maple syrup
- 2 tsp protein powder, your favorite brand, optional
- 1 Tbsp oat bran
- 1 Tbsp ground flax, optional
- ¼ tsp ground cinnamon
- ⅛ tsp ground ginger
- Pinch ground allspice
- 1¾ cups ice cubes

## DIRECTIONS

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**In a blender container, combine all ingredients except ice cubes.**

**Blend until smooth**

**Add ice cubes through feed tube, one at a time, until thick and smooth.**