

## Almond Vanilla Smoothie

1 Serving

190 calories per serving when using 8 tbsp Almased  
[145 with 6 tbsp Almased / 235 with 10 tbsp Almased]

- 6-8 tbsp Almased\*
- 4 oz water
- 4 oz almond milk (unsweetened)
- ½ tsp cinnamon
- ½ tsp vanilla extract
- 1 cup ice



Pour the water and the unsweetened almond milk into the blender. Next add your own personal measured serving of Almased\*. Add the cinnamon, vanilla extract and ice. Start blender on low speed then blend on high for 30 seconds. Serve in chilled glass.

