

# GINGER SNAP GREEN SMOOTHIE

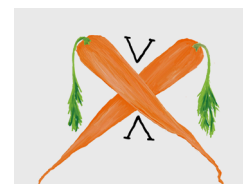


SERVES: 1

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS

THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

## INGREDIENTS

1 cup unsweetened almond, soy, or  
coconut milk  
1/2 large banana, frozen  
1 inch piece fresh ginger, peeled  
and minced  
1 TBSP black strap molasses\*  
4 TBSP rolled oats  
1 large handful baby spinach  
1/2 tsp cinnamon  
1/2 tsp ground ginger  
1/8 tsp ground cardamom  
(optional)  
5-6 ice cubes

## METHOD

Throw all ingredients to a high speed blender.

Blend until smooth and creamy. Enjoy!

## NOTES:

\*Black strap molasses is one of my favorite sweeteners to use in smoothies and baking because you get the most bang for your [sugar] buck. You may remember my post on [SUGAR](#) from a few months ago. Black strap molasses is rich in calcium, iron, magnesium, and potassium. Add it to your pantry staples!

## NUTRITION:

Serving Size: ~10 oz (1 large glass) Total Calories: 286 Total Fat: 5 g

Saturated Fat: 1 g Sodium: 200 mg Potassium: 1139 mg

Total Carbohydrate: 58 g Fiber: 14 g Sugar: 18 g Protein: 6 g

Vitamin A: 48% Vitamin C: 26% Calcium: 73% Iron: 47% (Percent Daily Value)