



## Cinnamon Cashew Smoothie

This is actually healthy!

This cinnamon cashew smoothie tastes like dessert but fuels like a wellness shot. I think it kind of tastes like Horchata a delicious beverage enjoyed in Latin American cuisine - but a much healthier version. Cashews give you plant-powered protein and healthy fats, cinnamon and flax supports blood sugar, and coconut yogurt brings in gut-friendly probiotics and delicious creaminess. No added sugar, no fillers—just real ingredients that love you body. It's creamy, dreamy, and ridiculously good.

### Ingredients:

- 1 cup unsweetened cashew coconut milk
- 1/3 cup raw cashews (*soaked in hot water 10 minutes if not using a high-speed blender*)
- 1-1/2 tablespoon ground flaxseed
- 1 teaspoon ground cinnamon
- ¼ teaspoon vanilla powder
- 2 frozen bananas
- 2–3 tablespoons plain coconut yogurt (*no added sugar*)

### Optional Garnish:

- Dash of cinnamon
- Crushed walnuts, cacao nibs, or hemp seeds
- Swirl of date paste

### Instructions:

1. Add all ingredients in the order listed to a high-speed blender.
2. Blend until thick, smooth, and creamy.
3. Pour into a tall glass and top with garnish if desired.
4. Sip, smile, and be amazed it's actually healthy.

Cheers!