** Gingerbread Smoothies **

**Ingredients**

½ cup plain Greek yogurt

½ cup low fat milk or unsweetened soymilk

1 banana

4 Tbsp rolled oats (uncooked)

1 Tbsp molasses

1 tsp fresh grated ginger (or ½ tsp ground)

1 tsp chia seeds

½ tsp vanilla

½ tsp cinnamon

1 pinch nutmeg

1 pinch all spice

1 cup ice

**Directions**

1. Add all of the ingredients, except the ice, to your blender. Cover and blend on high for 15-20 seconds, or until very smooth.
2. Add the ice. Cover and blend on high for another 20-30 seconds, using the tamper to press the ice down into the blades.
3. Pour into two glasses and serve immediately.

**Nutrition Facts**

Recipe makes 2 servings

1 serving: 195 calories, 3 g of fat, 30 carbohydrate, 16 g sugar, 8 g of fibre and 12 g of protein



 **Family Health Team**