



PERSIMMON PROTEIN SMOOTHIE

Due to the sugar content, this smoothie is best consumed as the first meal after a post-workout drink OR after doing a brisk walk or challenging yoga class that was energizing but did not increase the heart rate enough to warrant a separate post-workout drink.

Servings per recipe: 1

Ingredients:

- ½ cup unsweetened almond beverage or milk of your choice
- 1-2 teaspoons coconut oil
- ½ teaspoon pure vanilla extract
- ⅓ scoop Kaha vanilla protein powder
- ½ persimmon
- 1 cup frozen cauliflower
- 1/4 tsp ground cardamon
- 1/2 tsp ground cinnamon
- 2 teaspoons flax seed

Instructions:

1. Warm milk of your choice in a small saucepan before adding to your blender.
2. Add milk and all other remaining ingredients to your blender.
3. Blend, pour, top with a dash of cardamon and cinnamon & enjoy!

Nutrition Facts	
1 serving per recipe	
Serving size	(432g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 13g	15%
Saturated Fat 8g	40%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 150mg	8%
Total Carbohydrate 26g	10%
Dietary Fiber 8g	30%
Sugars 16g	
Includes 0g added sugars	0%
Protein 26g	
Vitamin D 1mcg	8%
Calcium 320mg	25%
Iron 2mg	10%
Potassium 630mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories.</small>	

Cook's Tips and Variations:

1. The persimmon is a moderate glycemic fruit. Apricots, kiwi, mango, papaya, pineapple or pomegranates can be used as a substitution.
2. Cauliflower is tasteless and used as a low-carb thickener. Bananas and avocados are also used as thickeners in smoothies; however, bananas are higher in carbs and avocados are high in fat. Combining the persimmon with banana would make this smoothie too high in carbs. Avocado combined with the coconut oil and flaxseed would make it too high in fat, which is why cauliflower works as the perfect thickener in this recipe.
3. Unsweetened almond beverage contains almost no carbs, protein or fat. For the most part, it is neutral. Be careful which milk alternative you choose as many are high in carbs, which make it super easy to overconsume carbohydrates.

References:

1. Thanks Wendy for sending me this recipe!