

Warm cinnamon breakfast smoothie

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Start your day with Sally O'Neil's simple warm cinnamon breakfast smoothie.

Ingredients (Serves 1)

If you're patient enough to soak these oats in milk the night before, that five minutes of prep makes this recipe incredibly creamy. As a sufferer of anaemia, I love to add molasses as a sweetener because it provides a dose of iron. Aside from that, it's reminiscent of gingerbread cookies, which needs no further explanation! So good.

- 1 cup unsweetened vanilla almond milk
- ½ cup rolled oats
- ½ tsp ground cinnamon
- 1 tbsp almond or cashew butter
- 1 tbsp blackstrap molasses, or local honey
- ½ tsp ground ginger
- ½ tsp vanilla extract
- Pinch of sea salt

Method

Place the milk, oats, cinnamon and nut butter in the blender, and blend until smooth and creamy.

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Gently heat on the stove and add the molasses, ginger, vanilla and salt to taste, stirring well.

Pour into a coffee mug and drink warm.

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