



Vanilla Cinnamon Protein Craving Booster Drink

BENEFITS:



High protein helps increase fullness.



May help prevent late-night snacking.



A delicious way to support your goals!

INGREDIENTS:



1 cup unsweetened almond milk



½ teaspoon cinnamon



1 scoop vanilla protein powder



Ice

INSTRUCTIONS:



Blend until smooth.

HERBAL TIP:

Enjoy as a snack or light meal option to help keep you satisfied and stay on track with your wellness journey!

BEST ENJOYED:

Anytime cravings hit—especially in the afternoon or evening!

Look for more herbal recipes and remedies on my website!

