



HEALTHY HOLIDAY *challenge*

NUTRITION

Protein is a key nutrient needed to help support a bodies recomposition goal. This is where you lose body fat without losing muscle mass. Let's give it a try with this seasonal protein smoothie.

Why add Greek Yogurt?

- 1/2 cup of Greek yogurt adds another 10 grams of complete protein to this smoothie.
- Unsweetened, full fat dairy products (like Greek yogurt) are linked to less obesity and weight gain.

Why add Brazil Nuts?

- Brazil nuts are *loaded* with selenium, which plays an important role in liver detoxification.

Why add Flax Seed?

- Flax seeds contain the plant-based form of anti-inflammatory omega-3 fatty acids.

Why add Maca?

- Studies have also found that it might help to improve mood and energy.

Cinnamon Roll Protein Smoothie

- Serves 1

Ingredients:

- 10 oz. unsweetened coconut milk or almond milk
- 2 scoops low or no sugar vanilla protein powder (shoot for 20 grams of protein)
- 1/2 cup unsweetened Greek yogurt
- 1/2 banana
- 1 Tbsp. almond butter
- 1 Tbsp. flax seeds
- 1 Brazil nut
- 1/2 tsp. cinnamon
- 1/2 tsp. maca (optional)
- 1/2 tsp. vanilla extract

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Enjoy!



Source: <https://www.autumnellenutrition.com>

