

Gingerbread IronMan Smoothie

1/2 C Almonds (soaked, optional)

1 C Filtered Water

1 Banana

3 Tbsp Blackstrap Molasses - Hello Iron!

1 Vanilla Bean, Scraped

1/2 tsp Ginger, finely grated on Microplane

1/2 tsp Cinnamon, or more to taste

dash Ground Cloves

Due to its enormous health benefits, and the fact that women so often have low iron, I often recommend this smoothie for people looking to 'up' their iron intake. I drink it several times a week, since I am pregnant and need to keep my iron levels up.

In a high speed blender, blend almonds with water for a couple of minutes until smooth. If the consistency is not smooth enough, strain through cheesecloth or a nut milk bag and return liquid to blender. Add the remaining ingredients and blend until well mixed.

This can also be thrown in an ice cream maker to make a yummy frozen treat. I prefer it right out of the blender. The warmth reminds me of gingerbread cookies. :)