



BETH WARREN

NUTRITION

Simple Cashew Cream Smoothie

A creamy delicious breakfast replacement.

INGREDIENTS

- 1/4 cup raw cashews
- 1 scoop Whey Protein Powder (or hemp, vegan etc.)
- 1 tsp pure vanilla (or vanilla bean)
- 3 Medjool dates, pitted
- 1 cup water
- 1 cup ice

INSTRUCTIONS

Blend ingredients together on highest power for at least one minute.