

# Warm cinnamon breakfast smoothie

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## 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.

## **Warm cinnamon breakfast smoothie**

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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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