

## Spiced Banana Cream Smoothie

### Ingredients

1 cup Pure Water  
2 Tbsp Raw Cashews  
1 medium Carrot, roughly chopped  
½ cube of peeled Ginger  
½ tsp Cinnamon (and/or Cardamom)  
½ Vanilla bean  
2 frozen Bananas

### Directions:

1. Blend the water, cashews, carrot, ginger, cinnamon and vanilla until very smooth.
2. Add the frozen bananas and blend again until smooth and frothy.

Serves 2