

French Toast Smoothie

THM Friendly: FP

- 1 cup nut milk
- 2 Tbsp. sugar-free syrup
- 1 tsp. maple extract
- 1/2 tsp. cinnamon
- 1 tsp. - 1 Tbsp. Super Sweet (to your taste)
- 1 scrambled egg
- 1/4 cup THM whey protein
- 1 1/2 cups ice cubes

Scramble your egg in the microwave or on the stovetop. Add all ingredients (including the egg) to your blender and zing it up. If you like peanut butter on your French toast, you could add 2 Tbsp. of peanut flour.

enJOY!

