



Cashew Matcha Chai Ice Cream Shake



What's better in the summer than a milkshake? This healthy plant-based version is packed with anti-inflammatories and healthy fat, making it great for after a workout, improving circulation, nourishing brain and skin cells, and calming the body and mind.

Ingredients:

- 1 organic banana
- 3 ice cubes
- 1 scoop vanilla plant-based protein powder, such as Vega Sport Performance Protein, SunWarrior Warrior Blend, or Iron Vegan Sprouted Protein
- ¼ tsp. each ground cinnamon, ginger, and turmeric
- Pinch cayenne (to taste)
- 1 Tbsp. (or serving size) plant-based omega-3 or 3-6-9 oil, such as Udo's 3-6-9 DHA or NutraVege
- 1 to 2 Tbsp. organic cashew butter
- 1 tsp. organic black matcha powder (optional)
- ¼ cup organic cashew ice cream (optional)
- 1 to 1½ cups unsweetened plant milk, chilled/cold-infused chai tea, or water
- Extra pinch cinnamon, ½ tsp. whole chia seeds, and 1 or 2 whole raw cashews for garnish (optional)

Combine all ingredients in a blender and process until smooth. Change it up with different nut butters and ice creams for a different flavour profile, and play with the amount of liquid and ice to make it thicker or thinner based on your preference. Enjoy!