

Purition Cauliflower & Cinnamon Smoothie

Ingredients

- 40g Purition Pecan & Cinnamon
- 200–250ml milk (we used Almond)
- 4–5 raw/ frozen cauliflower florets
- ½ a banana (optional)
- 1 tbsp nut butter (optional)
- 1 tsp cinnamon (optional)

Method

1. Add all of the ingredients to your blender
2. Blend for 30 seconds or until smooth
3. Pour into a glass and enjoy

Tips & swaps

No Purition Pecan & Cinnamon? Try with Vanilla, Banana or Almond Purition instead

Fancy a smoothie bowl? Frozen cauliflower gives this smoothie a much thicker texture, so feel free to pour it into a bowl and add your favourite toppings!

Low-carb? Skip the ½ a banana and make this using Purition Banana instead

