

(DF) Creamy Cinnamon Roll Shake



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Servings: 1

Prep Time: 5 minutes

Ingredients

- 2 1/2 cups Unsweetened Organic Coconut or Almond Milk
- 1 1/2 cups Spring/ Filtered Water
- 2 Tablespoons Whole Organic Flax Seeds
- 2 Tablespoon Organic Psyllium Husks
- 1 Tablespoon Organic Coconut Oil (hexane free) It's best to start w/ 1 teaspoon and gradually work up to 1 Tablespoon over a week or two
- 1 teaspoon Organic Maca Powder
- Dash Organic Ground Cinnamon
- About 1 teaspoon Organic Stevia OR 1/8th teaspoons Organic Monk Fruit Powder (Erythritol Free)

Instructions

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1. ****READ FIRST!!!! Be sure to use Whole fax seeds for this recipe. (You will grind them fresh for the shake). Buying ground flax seeds could cause indigestion as the oils in flax seeds are very delicate and become rancid if ground and not consumed within a day or two. Thus, pre-ground flax seeds contain rancid oils that could make you feel sick.
2. Blend Psyllium Husks and Flax Seeds in your blender first. Then add the rest of the ingredients (sweeten with either Organic Stevia or Organic Monk Fruit powder (erythritol free)) and blend until smooth and creamy! Add more milk if shake is too thick.
3. Drink immediately as shake thickens quickly! Enjoy!

Notes: One of the biggest health benefits of this shake is the FIBER content – thanks to psyllium husk! To learn more about the magic of psyllium husk, [check out THIS ARTICLE. CLICK HERE!](#)

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Last but not least, we include Raw Maca Powder, an incredible superfood, for a reason. [Check out THIS ARTICLE to learn the amazing health benefits! CLICK HERE!!!](#)