

Vanilla Cinn-sation Incog Nog

Ingredients

1

LeafSide Vanilla
Cinn-sation
Smoothie



Unique Whole
Plant Foods

Warm up your chilly mornings with this invigorating hot elixir, a perfect blend to energize your day! Each sip is a powerful fusion of polyphenols - micronutrients renowned for their antioxidant properties that aid digestion and boost your well-being. Experience the soul-soothing synergy of mood-enhancing vanilla and the gentle, aromatic warmth of anti-inflammatory Ceylon cinnamon, cardamom, and nutmeg.

Makes 2 Servings

PREP TIME: 5 minutes • COOK TIME: 0 minute

soy
free

wheat
free

♦ **Tools Needed: high speed blender with 64oz minimum carafe (800+ watts power)**

1. Follow package preparation instructions, but use room temperature water and don't add ice (unless planning to drink cold). Microwave as needed for preferred warm/hot temperature. Can be enjoyed cold or heated.

Healthy toppings: Ceylon cinnamon or cinnamon stick, star anise, nutmeg, ginger powder or grated pieces, date pieces or sugar, blueberries, no sugar added chocolate chips, no sugar added dark chocolate shavings, cacao nibs, cacao powder, crushed nuts.

Unhealthy topping: vegan whipped cream.



Swirl unsweetened chocolate almond milk on top for a barista effect or serve in a clear glass for the best holiday presentation.

The Other Cinnamon

Cinnamon is one of nature's gifts, with a delicious and inviting scent and satisfying taste, that like other herbs and spices, delivers very high amounts of antioxidants too. There's just one catch: the most common form of cinnamon in the US is cassia cinnamon that contains coumarin, a substance that in high amounts, can damage the liver. So be sure to get Ceylon cinnamon that doesn't deliver coumarin, only the good stuff. At LeafSide we only use Ceylon cinnamon, and only the tastiest organic forms we can find.



Have Feedback?

*Scan the QR code with
your phone camera.*

Dessert | Snack | Beverage