

## Blood Sugar Stabilising Smoothie

Reproduced with permission from The Healthy Shift Worker

<https://healthyshiftworker.com/blood-sugar-stabilising-smoothie/>

The protein, fibre and fat content in this recipe helps keep your blood sugar in balance, rather than the sugar-spiking effect you can get with drinking pure fruit juice.



### Ingredients

- 1 tablespoon protein powder or maca root powder
- 1 cup unsweetened almond milk (or milk of your choice)
- 1 tablespoon chia or flax seeds
- 1 tablespoon almond butter
- 1 banana
- ½ a cup frozen blue or raspberries
- 1 teaspoon cinnamon or ½ teaspoon nutmeg
- Water to top up blender

### How to make it

Throw all of the ingredients into a blender and enjoy immediately, or transfer into a small thermos and store in the fridge at work to enjoy mid-shift!