



GINGER SNAP MOUSSE

MAKES 1 SERVING

INGREDIENTS

2OZ ORGANIC CANNED COCONUT MILK

2OZ BANANA MILK

4OZ FILTERED WATER

1/4" FRESH GINGER ROOT

1 TBSP ORGANIC PEANUT BUTTER

2 TBSP GROUND FLAX SEED

1 TSP MACA POWDER

1 TSP MOLASSES

2 SCOOPS VITAL PROTEINS GELATIN

METHOD

COMBINE ALL INGREDIENTS EXCEPT GELATIN IN BLENDER; BLEND WELL. ADD GELATIN AND PULSE 30 SECONDS. POUR INTO A GLASS OR MUG. ALLOW TO SIT 10-15 MINUTES TO THICKEN.

Created By Jessica Smosna, RD, LD