

Banana and Cinnamon Soy Shake

Great banana taste with a cinnamon twist

INGREDIENTS

1 1/2 – 2 Scoops (19.8 – 26.4 g) Daily BioBasics

10 oz (300 ml) Soy Milk

1/2 Banana

2 1/2 – 3 Tsp Honey

1 Pinch of Cinnamon

DIRECTIONS

Mix together in shaker cup.



Life Plus European Office