

Mark's Kitchen

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Ginger Spice Smoothie

Ready in: 5 minutes

Serves: 1 serving

For the next month, we're featuring recipes from my new book, [Eat Fat, Get Thin](#). I'm so excited to share this book with you so that we can finally separate FAT from fiction.

This creamy, low-carb smoothie is a great way to start your day and get it into fat-burning mode. The ginger is also great for digestion.

Ingredients:

- 1 1/2 cups almond or cashew milk
- 2 tablespoons raw almond butter
- 2 teaspoons grated ginger
- 1/4 teaspoon grated nutmeg
- 1 handful baby spinach or greens of choice

Step 1: Place all the ingredients in a blender and blend until smooth and creamy.

Nutritional analysis per serving (1 1/2 cups): calories 400, fat 31 g, saturated fat 4 g, cholesterol 0 mg, fiber 7 g, protein 13 g, carbohydrate 19 g, sodium 30 mg