

- 1 t despoon chili seeds
- 1-2 te spoons cinnamon to taste
- 1.5 te spoons pure vanilla extract
- 1/2 te spoon ground ginger
- sprinkle of ground cloves
- 5-6 large ice cubes, or as needed

DIRECTIONS

1. To cook the squash: Preheat oven to 400°F and line a baking sheet with parchment paper. Slice the stem off the squash (optional) and slice the squash in half lengthwise. Scoop out the seeds with a spoon. Brush with oil or honey and sprinkle with a pinch of salt. Place squash on the baking sheet cut side up and roast for 15-30 minutes until fork tender and golden brown on the bottom. Allow to cool.
2. For the smoothie: Add the smoothie ingredients into a high speed blender and blend until quite smooth, adjust the spices as needed. Serve immediately and enjoy!

TIP:

Note: To make this nut-free use nut-free non-dairy milk such as coconut or soy milk.

If you've made this recipe I'd love to see it.

Tag me @ohshealows on Instagram and hashtag #ohshealows so that we can all take a look!

