

Healthy Cinnamon Roll Smoothie

Enjoy the Cozy Flavor of a Cinnamon Roll—Without the Sugar Crash

There's something comforting about the warm aroma of a freshly baked cinnamon roll. It's the kind of treat that instantly brings back memories of slow weekend mornings, family breakfasts, and cozy kitchens filled with the scent of cinnamon and vanilla. But while traditional cinnamon rolls are undeniably delicious, they're often loaded with refined flour, added sugars, and butter that can leave you feeling sluggish just a short time later.

That's where this **Healthy Cinnamon Roll Smoothie** comes in.

Inspired by the classic flavors you love, this creamy smoothie delivers the sweet taste of cinnamon, vanilla, and oats while providing protein, fiber, and healthy fats to help keep you energized and satisfied. It's an excellent choice for busy mornings, a post-workout recovery drink, or an afternoon snack when you're craving something sweet but nourishing.

With ingredients like Greek yogurt, rolled oats, flaxseed, almond butter, and banana, every sip provides nutrients that support overall wellness while satisfying your cinnamon roll cravings in a healthier way.

Healthy Cinnamon Roll

Smoothie

Prep Time

5 minutes

Cook Time

None

Total Time

5 minutes

Servings

1 smoothie

Ingredients

- 1 medium frozen banana
- $\frac{3}{4}$ cup unsweetened vanilla almond milk
- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- $\frac{1}{4}$ cup old-fashioned rolled oats
- 1 tablespoon natural almond butter
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon pure vanilla extract
- 1 teaspoon ground flaxseed
- 1 Medjool date, pitted (optional for extra sweetness)
- $\frac{1}{2}$ cup ice cubes (optional for a thicker smoothie)

Optional Toppings

- Sprinkle of ground cinnamon
- Rolled oats
- Chopped pecans or walnuts
- Small drizzle of almond butter

Instructions

1. Add all ingredients to a high-speed blender.
2. Blend for 45–60 seconds until smooth and creamy.
3. If the smoothie is too thick, add a splash of almond milk and blend again.
4. Pour into your favorite glass.
5. Sprinkle with cinnamon and your favorite toppings before serving.

Nutritional Facts

Approximate per serving

- **Calories:** 355
- **Protein:** 22 g
- **Carbohydrates:** 41 g
- **Dietary Fiber:** 7 g
- **Total Sugars:** 18 g (naturally occurring, without the optional date)
- **Total Fat:** 12 g
- **Saturated Fat:** 1.5 g
- **Sodium:** 170 mg
- **Calcium:** 25% Daily Value
- **Potassium:** Approximately 700 mg
- **Iron:** 10% Daily Value

Women's Health Benefits

Supports Lasting Energy

The combination of protein, fiber, and healthy fats helps provide steady energy while reducing the likelihood of a mid-morning energy crash.

Helps Keep You Feeling Full

Greek yogurt, oats, almond butter, and flaxseed work together to promote fullness, making this smoothie a satisfying breakfast or snack.

Supports Bone Health

Greek yogurt provides calcium and protein, two important nutrients that help maintain strong bones throughout adulthood.

Promotes Heart Health

Rolled oats contain soluble fiber, while flaxseed provides plant-based omega-3 fats that can be part of a heart-healthy eating pattern.

Naturally Sweet

Instead of relying on refined sugar, this smoothie gets most of its sweetness from banana and, if desired, a Medjool date.

Tips for the Best Smoothie

- Freeze ripe bananas ahead of time for a naturally thick and creamy texture.
- Use unsweetened almond milk to keep added sugars low.
- Add a scoop of plain or vanilla protein powder if you'd like an extra protein boost.
- Blend a little longer if using rolled oats for the smoothest consistency.

Final Thoughts

If you love the comforting taste of cinnamon rolls but want a breakfast that fuels your body instead of weighing it down,

this **Healthy Cinnamon Roll Smoothie** is a delicious solution. It delivers the warm, familiar flavors you crave while providing nutrients that support your energy, fullness, and overall wellness. Whether you're rushing out the door or enjoying a quiet morning at home, this smoothie is an easy way to nourish yourself without sacrificing flavor.