



Creamy Apple Pie Smoothie (Yum)

1 serving

5 minutes

Ingredients

- 1 Apple (medium, peeled and chopped)
- 1/2 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Ground Flax Seed
- 2 tbsps Oats
- 1 tbsp Almond Butter
- 3/4 tsp Cinnamon (ground)
- 1 cup Unsweetened Almond Milk

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Apple Type: For a distinct apple flavour, use a tart variety of apple like a Granny Smith or a McIntosh.

No Almond Milk: Use any other type of milk instead.