



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.