

# Creamy Apple Pie Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

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

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	358	Carbs	52g
Fat	13g	Protein	16g