

# Steph's Creamy Apple Pie Smoothie

9 ingredients · 5 minutes · 1 serving



## 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 flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

### No Almond Milk

Use any other type of milk instead.

## Ingredients

- 1/2 Apple (medium, chopped)
- 1/2 Banana (frozen, (peel and freeze when the banana is still green on the tips))
- 4 Ice Cubes
- 3 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp Almond Butter
- 3/4 tsp Cinnamon (ground)
- 1 cup Unsweetened Almond Milk
- 1 tsp Whole Flax Seeds

## Nutrition

Amount per serving

<b>Calories</b>	352	<b>Cholesterol</b>	3mg
<b>Fat</b>	14g	<b>Sodium</b>	194mg
<b>Carbs</b>	41g	<b>Vitamin A</b>	592IU
<b>Fiber</b>	10g	<b>Vitamin C</b>	9mg
<b>Sugar</b>	18g	<b>Calcium</b>	634mg
<b>Protein</b>	21g	<b>Iron</b>	2mg