



## **APPLE PIE SMOOTHIE**

### **Ingredients:**

- 1 frozen banana
- 1 red delicious or other favorite apple (peeled)
- 1 cup Almond Milk (you can substitute with soy, rice milk or other preference)
- 1 tsp cinnamon (to taste)
- Sprinkle of nutmeg (to taste)
- Ice (optional)

### **Instructions:**

- Combine all ingredients in a blender.
- Blend.
- Pour.
- Enjoy!