

Apple Pie Green Smoothie

Yield: 16oz serving

Prep time: 2 mins

Total time: 3 mins

Ingredients

Apple (ex.Honeycrisp, Pink Lady) 1 small chopped

Banana (1 whole)

Spinach (1 handful)

Almonds (5 whole raw)

Dates (2 whole seeded)

Cinnamon (¼ tsp)

Unsweetened Vanilla Almond Milk, or another
non dairy milk (½ cup)

ice (handful)

Directions

Place all ingredients in high speed blender.

Blend until smooth or desired consistency. May need to add ice or more liquid.

recipe from: living24fit.com