

Apple Pie Smoothie

(Makes 3 cups—3 servings)

Ingredients:

1 ½ apples, halved, seeded,
quartered

¾ cup (180 mL) low fat vanilla
yogurt

1 tablespoon brown sugar

½ teaspoon apple pie spice

1 cup (~240 mL) ice cubes



Directions:

1. Place all ingredients into the blender container in the order listed and secure lid.
2. Select low setting and mix.
3. Turn machine on and slowly increase speed to high.
4. Blend for 1 minute or until desired consistency is reached.