

Apple Pie Smoothie

Recipe makes 1 serving

Ingredients

- 6-8 Ice Cubes (100-150g)
- 1 cup Fat Free Fairlife Milk
- 1 small Red Apple, core removed
- 1 scoop Legion Vanilla Protein Powder
- 1 tsp Ground Cinnamon
- 1/4 tsp Ground Nutmeg



Instructions

1. Add all of your ingredients into a blender and blend until you reach your desired consistency.
2. Pour into a glass or shaker bottle.
3. Enjoy!

Nutrition Profile

- per serving -

Calories - 275
Fat - 0g
Carbohydrates - 33g
Protein - 36g
***Fiber - 4g**

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Notes

- **There isn't much to this smoothie and it's pretty low calorie. It makes a great snack, dessert, or post-workout shake.**

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