



Creative Juices  
Consulting

## **Apple Pie Smoothie**

**1 ½ apples, quartered, seeds removed**

**½ scoop vanilla protein powder**

**¾ cup Greek yogurt, low-fat vanilla (or plain Greek yogurt with 1 tbs vanilla)**

**1 tablespoon honey**

**2 pitted dried dates**

**1 inch fresh ginger, peeled**

**2 – 3 slices candied ginger**

**½ teaspoon apple pie spice (cinnamon, nutmeg, allspice, ginger)**

**1 cup ice cubes**

**Can add liquid (coconut milk, almond milk, coconut water) to desired consistency.**

**Place all ingredients in Vita-Mix in order listed. Select variable speed 1. Turn on machine and quickly increase speed to 10 then turn to high. Run for 1 minute or until smooth.**