



Creative Juices
Consulting

Apple Pie Smoothie

1 ½ apples, quartered, seeds removed

¾ cup low-fat vanilla yogurt (or plain yogurt with 1 tsp vanilla)

1 tablespoon honey

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

1 piece of candied ginger

1 cup ice cubes

Can add unsweetened almond juice to reach desired consistency.

Instructions:

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.