

## **APPLE PIE SMOOTHIE**

Yield – 2 cups

### **INGREDIENTS:**

1 red apple, cored  
1 banana (just ripe)  
½ cup vanilla Greek yogurt  
½ cup almond milk  
2 Tbsp oats  
2 Tbsp ground flaxseeds  
1 tsp ground cinnamon  
⅛ tsp nutmeg  
⅛ tsp ground cloves  
1 cup ice (about 8 ice-cubes)  
Cinnamon stick optional

### **DIRECTIONS:**

1. Place all ingredients in a blender and blend until smooth.
2. Serve immediately.
3. Decorate with a cinnamon stick (optional)

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### **LOCATIONS:**

1881 Yonge Street, Suite 600, Toronto, ON, M4S 3C4 or 1240 Bay Street, 9th Floor, Toronto, ON, M5R 2A7