



Apple Pie Smoothie with Almonds and Soy

Yield: 1

1 cup	Fresh Apples, Chopped
1/2 each	Banana, Fresh, Sliced
1 tbsp	Almonds, Chopped
1/2 cup	Vanilla Soy Milk
1/8 tsp	Ground Cinnamon
pinch	Ground Nutmeg
1 cup	Ice Cubes



Place all ingredients into a blender and puree until smooth. Serve immediately.

Chef's Note: You can use regular milk, almond milk or yogurt.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
199.6	5.4	35.4	5.5	0	51.8	5.7	0.6