



## Apple Pie Smoothie

### Yield:

2 servings

### Ingredients:

1 ripe banana, best if frozen

1 apple, seeded, and quartered (we used granny smith apples)

2 cups almond milk, soy milk or rice milk

1 tablespoon almond butter, peanut butter or sunflower seed butter

1 tsp ground cinnamon and/or 1 tsp apple pie spice, pumpkin pie spice or all spice

4-6 dates

1 tablespoon ground flax seeds

Toppings: Chopped walnuts and apple slices

### Directions:

Add the frozen banana, apple, milk, almond butter/peanut butter or sunflower seed butter, spices, dates and flax seeds to a high-powered blender. Blend on high for 1-2 minutes or until smooth and creamy. Pour into a glass, add toppings and serve. Enjoy!