



Apple Cinnamon Smoothie



Entire recipe: 163 calories, 1.5g total fat (0g sat. fat), 101mg sodium, 28g carbs, 3g fiber, 21.5g sugars, 10g protein

Prep: 5 minutes



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Ingredients

1 cup peeled and chopped Fuji apple
3/4 cup light vanilla soymilk
1/4 cup fat-free vanilla Greek yogurt
1/4 tsp. cinnamon
1/8 tsp. vanilla extract
1 packet natural no-calorie sweetener (like Truvia)
1 cup crushed ice (or 5 - 8 ice cubes)

Directions

Place all ingredients in a blender, and blend at high speed until smooth. Mmmm!

MAKES 1 SERVING

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