



## Apple Pie in the Sky Stress-Relieving Smoothie

### APPLE PIE IN THE SKY STRESS-RELIEVING SMOOTHIE

Entire recipe: 107 calories, 3g total fat (<0.5g sat. fat), 232mg sodium, 10.5g carbs, 4.5g fiber, 1.5g sugars, 9g protein

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**Prep:** 5 minutes or less

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### Ingredients

2 tbsp. vanilla protein powder with about 100 calories per scoop  
1 scoop [Organifi Crisp Apple Green Juice](#)  
1 cup unsweetened vanilla almond milk  
1/4 tsp. cinnamon, or more to taste  
1/4 tsp. xanthan gum  
1/8 tsp. citric acid  
1 cup crushed ice (about 8 cubes)

### Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

#### MAKES 1 SERVING

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