

Apple Pie Smoothie

Recipe makes 1 serving

Ingredients

- **6-8 Ice Cubes (100-150g)**
- **1 cup Fat Free Fairlife Milk**
- **1 small Red Apple, core removed**
- **1 scoop Legion Vanilla Protein Powder**
- **1 tsp Ground Cinnamon**
- **1/4 tsp Ground Nutmeg**



Instructions

- 1. Add all of your ingredients into a blender and blend until you reach your desired consistency.**
- 2. Pour into a glass or shaker bottle.**
- 3. Enjoy!**

Nutrition Profile

- per serving -

Calories - 275
Fat - 0g
Carbohydrates - 33g
Protein - 36g
***Fiber - 4g**

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Notes

- ***There isn't much to this smoothie and it's pretty low calorie. It makes a great snack, dessert, or post-workout shake.***