

Healthy recipes

FLIK Apple Smoothie

Yield: 1 (12 oz)
serving

Calories: 140
Fat: 1 g
Carbohydrates: 35 g
Fiber: 2 g
Protein: 2.5 g

Directions

Place all ingredients in a blender or food processor and blend until smooth.

Ingredients

Banana	1 ripe
Apple cider (or 100% apple juice)	2 oz
Applesauce	4 oz
Low-fat vanilla yogurt	2 oz
Cinnamon	Sprinkle
Vanilla extract	½ tsp
Ice	¾ cup