



Apple Pie Smoothie

This smoothie has protein-rich almonds and yogurt to give you lots of energy — and the cinnamon and vanilla gives it a rich sweetness that might remind you of a favorite dessert!

HANDS-ON TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

MAKES: 2 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cup
- Measuring spoons
- Blender (adult needed)

INGREDIENTS

- $\frac{3}{4}$ cup plain low fat yogurt or whole milk yogurt
- $\frac{1}{2}$ cup low-fat or whole milk
- 2 tablespoons raw almonds* (*If you're allergic to nuts, skip the almonds and substitute 2 tablespoons old-fashioned oats.)
- $\frac{1}{2}$ apple, cored and sliced
- 1 overripe banana, sliced (frozen if possible)
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon vanilla extract
- 2 ice cubes

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INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. Put all the ingredients in the blender.
3. Put the top on tightly. Turn on the blender to medium speed and blend until the ice is chopped and the mixture is smooth, 30-60 seconds.
4. Divide the smoothie equally between 2 glasses and serve right away, or store in a thermos or covered in the refrigerator up to 4 hours.

QUICK TIP

To help make any smoothie colder and thicker, it's great to have slices of frozen banana ready to go. It's easy:

1. Peel an overripe banana.
2. Use a butter knife to slice it into thin rounds.
3. Put the slices in a resealable plastic bag and put it in the freezer.

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