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Cinnamon Apple Smoothie

Prep Time: 5 min. Cook Time: 0 min.

Serving size: 1 shake

Recipe makes 1 serving

Ingredients

2 cups unsweetened almond milk

1/4 avocado

2 apples, cored and peeled

2/3 cup vanilla protein powder

1/4 tsp cinnamon

5-6 ice cubes

Directions

1. Pour almond milk into the blender first, followed by the remaining ingredients.
2. Blend for 30-60 seconds until thoroughly combined.
3. Serve right away with an apple slice for garnish!