

# APPLE CINNAMON SMOOTHIE

Makes 1 serving and replaces your entire meal (protein, fat, vegetable, and fruit). Enjoy!



## INGREDIENTS

- 2 Scoops Pure Vitality Vanilla Protein Powder
- 10 oz unsweetened almond or coconut milk
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 apple
- 1 cup frozen spinach
- 1 tablespoon MCT oil
- Stevia to taste

## INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately. Covers your protein, fat, veggie, and fruit.