

CHOPCHOP

Apple Pie Smoothie

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Description

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!

Kitchen Gear:

Measuring cup

Measuring spoons

Cutting board

Sharp knife (adult needed)

Blender (adult needed)

Ingredients

3/4 cups plain low fat yogurt or whole milk yogurt

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.)

1/2 apple, cored and sliced

1 overripe banana, sliced (frozen if possible)

1/4 teaspoon ground cinnamon

1/4 teaspoon vanilla extract

2 ice cubes



Instructions

1. Put all the ingredients in the blender in the order listed.
2. Put the top on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away, or store in a thermos or covered in the refrigerator, up to 4 hours.

Notes

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.