



## APPLE CINNAMON SMOOTHIE

By Dr. Cindy Tanzar

Indulge in the warm, comforting flavors of fall with this delicious Apple Cinnamon Smoothie. Packed with protein and nutrients, this smoothie features creamy vanilla protein powder blended with unsweetened almond or coconut milk, fragrant spices like cinnamon and nutmeg, and a crisp apple for a refreshing twist. A cup of frozen spinach adds a nutritious boost, while MCT oil provides healthy fats for sustained energy. Sweeten to your taste with a hint of stevia for the perfect guilt-free treat.

Enjoy this delightful blend any time of day!

Makes 1 serving.



### INGREDIENTS

- 2 Scoops 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

1. Place all ingredients into a blender.
2. Blend on high until creamy and frothy. Serve immediately.