

Apple Pie Smoothie



Serving 1

Ingredients

½ cup rolled oats
1 cup almond milk
1 banana

1 tblspn unsweetened apple sauce
½ tsp cinnamon
¼ tsp nutmeg

Instructions

Place oats, apple sauce, banana, cinnamon, nutmeg and almond milk into a blender. Blend until combined and enjoy.

To make this smoothie colder and creamier you can peel and freeze the banana in advance.

