



Apple Pie Smoothie

There is no reason to skip breakfast with this delicious smoothie recipe. It can easily be whipped up as a quick breakfast or as pre- or post-workout fuel. At 8 grams of fibre and 14 grams of protein per serving, this smoothie will keep your tummy full and blood sugar levels stable until your next meal.

Prep: 5 minutes • Total: 6 minutes

Ingredients:

Apple, sliced (keep peel on)	1 each	1 each
Cinnamon	½ tsp	2 mL
Oats	¼ cup	60 mL
Nutmeg	¼ tsp	1 mL
Plain Greek Yogurt	½ cup	125 mL
Skim milk	2 Tbsp	30 mL
Ice	1 cup	250 mL

Directions:

1. Place all ingredients in a blender.
2. Blend until smooth. Add more yogurt to increase thickness or more ice/milk for a more liquid consistency.
3. Pour into a glass or thermos and enjoy.

Nutrition Facts

Serving Size (322g)

Servings Per Container

Amount Per Serving

Calories 240 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 44g **15%**

Dietary Fiber 8g **32%**

Sugars 23g

Protein 14g

Vitamin A 4% • Vitamin C 8%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: The Best Recipes Online

Makes 1 serving (300g / serving) • 1 serving = 1.5 cups

Prepared By: Jennifer Broxterman, Registered Dietitian & Shannon Smith, BScH Foods & Nutrition student
NutritionRx • Email: info@nutritonrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca