

CINNA-APPLE PIE SHAKE

THM E | Cozy | Spiced | Dessert-Like

MACROS (per serving)

Protein 25g • Fat 5g • Net Carbs 40g



Prep
5 Mins



Cook Time
0 Mins



Serves
1



Healthy
Carbs



Ingredients

Unsweetened Almond Milk	1 cup
Quick Oats	¼ cup
Apples Fresh, Frozen or Freeze-dried	1 cup
Banana Frozen or Freeze-dried	½ each
Greek Yogurt 0% fat	1 cup
Vanilla Protein Powder	1 scoop
Cinnamon	½ tsp
Nutmeg	¼ tsp
Sweetener To Taste	
Water/Ice	

Optional

Vanilla, Butter Extract or

Squeeze of **Lemon**

Direction

STEP 1 Blitz oats with almond milk for 10 seconds before adding remaining ingredients

STEP 2 Process until the mixture is completely smooth.

STEP 2 Taste and adjust sweetness, water/ice as desired.

Now, pour your smoothie into a glass and enjoy the pie-without-the-plate!



Prep Notes / Variations

- **Almond milk swap:** Use oat-milk or rooibos tea.
- **Sweetness:** Naturally sweet from banana; add a pinch of stevia only if needed.
- **Pantry Staples:** Substitute quick oats for 1 Tbsp ground flax seed or oat fiber.
- **Option Boosts:** Want extra pie-shop aroma? Add ½ tsp butter-vanilla extract - zero fat, pure comfort.

