

CINNAMON APPLE PIE SMOOTHIE

THM E | High Protein | Fruit-Forward | Pantry-Friendly

MACROS (per serving)

Protein 20-25g • Fat 3-5g • Net Carbs 40-50g

 **Prep**
5 Mins

 **Cook Time**
0 Mins

 **Serves**
1

 **Healthy**
Carbs



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!

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**

Prep Notes / Variations

- **Almond milk swap:** Use oat-milk.
- **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:** Use 1–2 tsp sugar free gelatin mix for a calorie-free flavor boost, or sugar free pudding mix to 1 Tbsp to keep carbs in check. Add to liquid first to avoid lumps.

