

# Apple Pie Smoothie

250g frozen apples

150g Greek yoghurt

50ml almond milk

15g rolled oats

1tbsp honey

cinnamon (optional)

whipped cream

(garnish)

**METHOD.** In a blender, add the frozen apple, Greek yoghurt, almond milk, rolled oats, and honey. For a classic apple pie flavour, add a pinch of cinnamon to the blender. Blend the ingredients together until smooth. Pour in a glass and garnish with whipped cream. Enjoy!

