

SMOOTHIE

APPLE PIE

INGREDIENTS:

- 1 Cored Apple
- 1 Frozen Banana
- 1 Cup Milk or Milk Alternative
- ¼ tbsp Cinnamon
- 2 Scoops Bioteen Vanilla or Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth.

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