

Apple pie smoothie (vegan)



 10 min.  228 kcal  SteviaSweet Crystal

Preparation

Core the apples and chop into small pieces. Place all the ingredients in a blender bowl and blend until smooth.

Ingredients for 2 servings

2	apples
100 ml	oat milk
2 tbsp	rolled oats
1 tbsp	chopped almonds
1/2 tsp	cinnamon
1/4 tsp	SteviaSweet Crystal

Nutritional information per portion

228	kcal
960	kJ
6.5	g Protein
29	g Carbohydrates
9.5	g Fat