

Cinnamon Protein Apples



Ingredients:

- (3 large) Fuji apples
- (1 tbsp.) Cinnamon
- (1 scoop) LynFit Vanilla Protein Powder

Don't know what to do with all of those apples you bought? Eat them! When you pair them with LynFit Complete Protein they help turn off hunger and cravings.

NUTRITIONAL INFO

Calories: 81

Fat: 0.2 grams

Carbs: 17.2 grams

Fiber: 2.5 grams

Protein: 4.3 metabolic boosting grams

Servings: 3 per recipe

Directions:

- Slice apples and place in a sealable plastic bag
- Pour cinnamon and Protein Powder into bag
- Shake vigorously, plate, and serve