

Apple Cinnamon Smoothie

Total Time: 5 Min

Serves 1

Ingredients

1/2 cup Plain Greek Yogurt

1 Apple

1/4 tsp Cinnamon

1/8 cup water

1or 2 Ice cubes

Instructions

- 1 Core & cut up 1 apple (peel if you prefer less pulp)
- 2 Combine all ingredients
- 3 Blend & pour into a glass
- 4 Sprinkle a dash of cinnamon on top for garnish
- 5 Enjoy!

team victory / spray it away <http://sprayitaway.ca/>