



# APPLE CINNAMON SMOOTHIE

By Dr. Cindy Tanzar  
(Standard)

Makes 1 serving and replaces your entire meal (protein, fat, vegetable, and fruit).  
Enjoy!



## INGREDIENTS

2 Scoops Vanilla Protein Powder  
10 oz unsweetened almond or coconut milk  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1 apple  
1 cup frozen spinach  
1 tablespoon MCT oil  
Stevia to taste

## INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.