

Apple Pie Smoothie

Source: Washingtonian.com

Servings: 1-2

Ingredients:

- 1 apple, chopped, or 1 cup unsweetened organic applesauce (depending on whether you have a high-speed blender)
- 1 cup unsweetened almond, rice, or coconut milk
- 1 teaspoon natural vanilla extract
- ½ teaspoon ground cinnamon
- Very thin slice of fresh ginger (the equivalent of a “pinch”)
Pinch of nutmeg
- Pinch of Celtic sea salt
- 2 tablespoons ground flaxseed or chia seeds

Method:

Blend all ingredients until smooth; add ice if desired.