

# Cranberry-Apple Smoothie

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*1 frozen Gala apple, peeled  
and chopped  
3/4 cup apple cider or juice  
1/3 cup frozen cranberries  
2 tablespoons apple butter  
2 teaspoons honey  
pinch salt  
3 to 5 ice cubes  
apple slices (for garnish)*

In a blender, combine the apple, apple cider, cranberries, apple butter, honey, salt and ice cubes. Puree until smooth.

Pour into a glass.

Top with apple slices.

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Per Serving (excluding unknown items): 117 Calories; 0g Fat (0.0% calories from fat); trace Protein; 31g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 2 Other Carbohydrates.