

Vanilla Almond Smoothie

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Servings: 2

1 cup unsweetened apple sauce

1 cup almond milk

2 teaspoons vanilla extract

1/2 teaspoon ground cinnamon

2 teaspoons maple syrup

1 tablespoon almond butter

1 tablespoon ground flaxseed

In a blender, mix the apple sauce, almond milk, vanilla, cinnamon, maple syrup, almond butter and flaxseed.

Process until smooth.

Serve.

Per Serving (excluding unknown items): 81 Calories; 5g Fat (53.8% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.