



Green Apple Smoothie

Many of us think eating apples is good for us and yes it is true. I like green apples best apples because they have the lowest glycemic level. They are also high in fiber. Apples contain a particularly high amount of pectin and the highly concentrated apple pectin delivers many health benefits. Apple pectin is available mostly in the skin and some in the pulp. Green apples contain vitamins A, B6, C and E which are beneficial for your skin.

Romaine is high in vitamins B, A C, K and is high in minerals like calcium, iron and magnesium. Romaine contains all 8 essential amino acids so it is a complete protein.

This recipe contains **cinnamon** which has many health benefits including lowering LDL cholesterol levels and lowering blood sugar levels.

2 servings

2-4 Tb ground flax seeds

1 cup water or nut milk (the nut milk makes it more filling)

4-6 romaine leaves

3 apples, chopped peel if not organic

1 ½ scoops of vegan or whey vanilla protein powder (I used Tera's Whey)

1½ teaspoons of cinnamon

Blend all ingredients in a blender until smooth. Add more water if necessary to get desired consistency.