



## Apple Pie Smoothie

Apples are a low glycemic fruit with lots of fiber, they do not spike your blood sugar. They are among the least acidic fruits. 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** that has many health benefits including lowering LDL cholesterol levels and lowering blood sugar levels.

2 servings

2 Tb chia seeds\*

1 cup water

1 small head romaine (about 4 cups chopped)

2 green apples, chopped, peel if not organic

1½ tsp cinnamon

1/2 cup almond milk or other nut milk (unsweetened)

1 scoop [vegan protein powder](#) or [undenatured whey protein](#) (optional)

- Soak chia in water for 30 minutes or overnight
- Add all ingredients to the blender in the order listed above
- Blend, add more almond milk or water to get desired consistency

\*If you don't have the chia you can make this recipe without it or you can use ground flax seeds instead.