**APPLE ENERGIZER SMOOTHIE**

From Kathryn Conlen’s Kitchen



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| **Prep Time:** 5-10 Minutes **Serves:** 2-10oz smoothies |
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**INGREDIENTS**

2 scoops YL Pure Protein Complete (Vanilla)

2 Tbsps. Creamy Organic Peanut or Almond Butter

1 large Apple, peeled and cored

2 spoonful’s Plain Organic Greek Yogurt

Honey to taste

1 cup Ice

½ cup Water or Organic Almond, Rice or Coconut Milk

**PREPARATION**

Combine and blend ingredients in blender to desired consistency.