**APPLE ENERGIZER SMOOTHIE**

From Kathryn Conlen’s Kitchen

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRxqFQoTCLj094e96MgCFYluJgod1OIDXw&url=http://cookdiary.net/apple-smoothie/&psig=AFQjCNHPkTV_jTbaAOsXobU0E7fJqsu-bw&ust=1446235441054024)

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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.