



# Apple Crisp Smoothie

## Ingredients (Serves 4):

- ¾ cup apple juice
- 2 apples, quartered
- ½ cup frozen raspberries
- 1 Tablespoon Steel-cut or Rolled oats
- ¼ teaspoon ground cinnamon
- Pinch nutmeg

## Nutritional Information: Per Serving

- Calories: 94kcal
- Fat: 0g
- Saturated Fat: 0.25g
- Cholesterol: 0mg
- Sodium: 3.25mg
- Carbohydrates: 22g
- Fiber: 4.5g
- Sugar: 13g
- Protein: 2g

## Instructions:

Place all ingredients in the blender in order listed.

Blend until smooth

**This delicious recipe brought to you by:**  
The Smoothies Bible