



## Apple Peanut Butter Banana Smoothie

Creamy and full of nutty flavor Apple Peanut Butter Banana Smoothie is the perfect **HEALTHY breakfast**. Loaded with fibers and proteins, refined sugar-free, this highly nutritious smoothie will fill you with needed energy in no time.

### ***Ingredients:***

- ½ sweet apple
- ½ ripe banana
- 1 tablespoon peanut butter
- 2 tablespoons old-fashioned gluten-free oats
- 2 scoops of Natural PureNourish
- 1 teaspoon cinnamon
- ½ teaspoon vanilla extract
- ½ cup water or almond milk
- ½ cup of ice

### ***Instructions:***

Mix all ingredients in a blender until smooth and creamy. Add more water or milk to make the smoothie thicker.