

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Apple Pie Smoothie

From [www.paleomg.com](http://www.paleomg.com)

1 frozen banana, roughly chopped  
½ apple (whatever apple you want), roughly chopped  
1 cup almond milk  
½ cup apple cider  
1 tablespoon maple syrup  
1 teaspoon vanilla extract  
¼ teaspoon cinnamon

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Drink.