

Apple Pie Smoothie

Makes about 4 cups

Ingredients

- 1 cup vanilla soy milk
- ½ cup applesauce
- 6 dates (about ¼ cup chopped)
- 2 cups ice
- ½ tsp. ground cinnamon
- ½ cup vanilla soy or coconut yogurt
- ¼ tsp. vanilla extract
- ½ banana

Directions

- 1) Blend until smooth.