

# TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day!

## Caramel Apple Smoothie



### INGREDIENTS

- **1 cup Premier Protein Caramel 30g Shake**
- 1 green apple peeled and cored
- 1 frozen banana
- 1/4-1/2 teaspoon cinnamon to taste preferences
- 1/2- 1 cup ice depending on desired thickness
- Optional garnish: whipped cream, graham cracker crumbs

### DIRECTIONS:

1. Add all ingredients to blender. Blend all ingredients until smooth, and enjoy!
2. If desired, top with whipped cream and graham cracker crumbs. Enjoy!

