Apple Pie Smoothie Recipe

Ingredients

- 2 c Peanut Free Vanilla Ice Cream
- 1 c Unsweetened applesauce
- 1/4 t ground cinnamon or apple pie spice
- 1 c fat free skim or 1% low fat milk

Instructions

   1. In a blender container combine low-fat ice cream, applesauce, and the 1/4 teaspoons cinnamon or apple pie spice. Cover and blend until smooth. Add fat free skim or 1% low fat milk. Cover and blend until just mixed. Pour into glasses. If desired, sprinkle each serving with additional cinnamon. Serve immediately.