



THE J.M. SMUCKER Co

Apple Cinnamon Crisp Smoothie

Prep Time Cook Time Serves Difficulty

12 mins N/A 4 N/A

Ingredients

- 2 apples, peeled, cored and chopped
- 1 cup (250 mL) apple juice
- 1 cup (250 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

Fat Free Evaporated Skim Milk

- 1/2 cup (125 mL) vanilla yogurt
- 2 tbsp (30 mL) **Robin Hood®** Oats
- 1 tbsp (15 mL) liquid honey or brown sugar
- 1/4 tsp (1 mL) ground cinnamon
- pinch ground nutmeg
- **Garnish:**
- fresh apple slices

Directions

Step 1:

In a blender, combine chopped apples, apple juice, evaporated milk, yogurt, oats, honey, cinnamon and nutmeg. Process at high speed until smooth.

Step 2:

Pour into serving glasses. Garnish with fresh apple slices.

Serve warm as a cozy beverage after skiing or skating. To serve warm, heat apple juice and milk, separately, in microwave until hot, but not boiling.

Images

