

# APPLE PIE SMOOTHIE



## INGREDIENTS:

- 1 scoop Breakfast in Bed Glam Pro
- 1 cup unsweetened almond milk
- 2 tbsp oatmeal
- 1 tbsp ground flax seed
- 2/3 cup unsweetened applesauce
- 1/2 tsp cinnamon
- Optional: ice and 1/2 tsp xanthan gum

## DIRECTIONS:

1. Add all ingredients to a blender
2. Blend until smooth

Enjoy!



Makes 1 Serving

Calories: 255 | Protein: 18 g | Carb: 34 g | Fat: 6 g | Fiber: 7