

# PICKMEE KIDZ<sup>®</sup>

## RECIPES

### Peanut Buttery Apple Smoothie



DIFFICULTY: 🍏🍏🍏🍏🍏

PREPARATION: 5-10 mins

SERVES: 1

#### INGREDIENTS:

- 1 Granny Smith apple (peeled and cored)
- 1-2 tablespoons of peanut butter
- ½ cup almond milk. Soy or regular milk will also work
- 5-6 ice cubes
- ½ teaspoon cinnamon

#### METHOD:

Put everything in the blender and blend until smooth. It might take a little more blending to get the peanut butter mixed in well.