

Apple Pie Protein Shake

Ingredients

- 1 small apple, chopped
- 1 cup ice
- 1/3 cup plain, non-fat Greek yogurt
- ½ cup unsweetened almond milk
- 1 scoop Protein Powder
- 2 tsp Stevia (or sweetener of your choice)
- 1 tsp vanilla
- ½ tsp cinnamon

Blend all ingredients together until smooth. Sprinkle with a dash of cinnamon.