

# Green Apple Protein Smoothie

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We are always looking for a new recipe for smoothies! This recipe is jammed packed with green apple flavor and protein! Perfect for the summertime!

### **INGREDIENTS:**

- 1/2 apple
- 1/2 cup Greek Yogurt
- 1/2 banana
- 1/2 scoop Vanilla Shakeology
- Ice
- Milk of choice
- Water if necessary

\*optional GREENS boost

## **INSTRUCTIONS:**

1. Mix all in a blender.
2. Add water only if needed.
3. Milk of choice can be used here!

ENJOY!