

# Apple Pie Smoothie

There's nothing quite as homely as an apple pie, is there? If you can't find the time to bake (or maybe you just don't want to) then this smoothie is the one for you!

 TIME TILL READY  
15 MINUTES

 SERVES  
2

Energy: 606kJ/145kcal

For more nutritional information please visit [www.lancashirefarm.com](http://www.lancashirefarm.com)

## Ingredients

- 175g Lancashire Farm Natural Bio Yogurt
- 1 Apple
- 1 tsp vanilla extract
- 60ml Milk
- 1 tbspn Clear Honey
- 60g Ice cubes
- 1/4 tspn Cinnamon

## Contains



## Method



### Step 1

Chop the apple and prepare all ingredients.



### Step 2

Add all ingredients to the blender



### Step 3

Blend until smooth.



### Step 4

Serve and enjoy!