

# Apple Walnut Fall Smoothie Recipe



**PREP TIME:**  
5 MINUTES

**BLEND TIME:**  
1 MINUTE

**TOTAL TIME:**  
6 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 2 Servings

## Ingredients:

- 2 Cups Ice (add less for thinner smoothie)
- 1 ½ Cup Unsweetened Almond Milk (may need slightly more)
- 1 Scoop/Serving Organic Vegan Vanilla Protein
- 1 TBSP Hemp Protein Powder or Seeds
- 1 TBSP Ground Flax Seeds
- 1 Small Honey Crisp Apple Roughly Chopped (with skin)
- ¼ Cup Walnuts
- ½ Teaspoon Cinnamon
- ½ Teaspoon Pumpkin Pie Spice
- 2 Tablespoons Coconut Cream
- **Optional:** 1 Pitted Medjool Date
- **Optional:** 1 Serving Collagen Powder

## Instructions:

1. In single-serve blender add ice and then milk.
2. Add remaining ingredients.
3. Blend on high for about 20-30 seconds. Can blend longer for creamier smoothie. Pour into glass and enjoy.

**\*Try and use all organic ingredients if possible.**