

Fit for Hockey Program

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**Frozen Apple Pie Smoothie**

**Serves:** 2

**Prep time:** 5 minutes

**Summary**

This actually tastes like apple pie! Watch the video on the foodthought u-tube channel of the student making the smoothie on ATV morning! If you are using French vanilla yogurt omit the pure vanilla. Freeze your plain yogurt in 1 cup (250 mL) portions to avoid using sugary frozen yogurt.

**Ingredients**

½ cup almond milk  
1 cup unsweetened applesauce  
1 cup yogurt  
¼ tsp. ground cinnamon  
⅛ tsp. ground nutmeg  
½ tsp pure vanilla extract  
3 ice cubes-optional

**Directions**

1. Put all ingredients into blender container. Cover and process at ON until smooth.
2. Pour into glasses.

Source: [www.oster.ca](http://www.oster.ca) or [www.foodthought.com](http://www.foodthought.com)

[www.carhahockey.ca/fitforhockey](http://www.carhahockey.ca/fitforhockey)

