

Herbal Legacy Recipes

APPLE PIE SMOOTHIE

"If you were expecting an apple recipe, you got it; one our entire family enjoys!" - Noell Larsen

INGREDIENTS

- 1-2 frozen bananas
- 1 apple
- 1 cup distilled water
- 1 T raw almond butter
- 1 T raw honey (optional)
- 2 tsp ground cinnamon



DIRECTIONS

Blend all ingredients until smooth and enjoy.

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