

DESSERTS

Apple Pie Shake

1	apple, cored and diced	1
1- 1/4 cups	unsweetened apple sauce	300 mL
1 cup	ice	250 mL
3/4 cup	unsweetened apple juice	175 mL
1/2 cup	vanilla flavoured yogurt (1 or 2% M.F.)	125 mL
1/4 tsp	cinnamon	1 mL



1. In a blender combine apple, apple sauce and ice; pulse until apple is pureed. Add apple juice, yogurt and cinnamon; puree until blended. Pour into glasses and serve.

FAST AND EASY RECIPE

5 minutes to prepare

Yields 4 servings

WHAT YOU NEED:

- sharp knife
- cutting board
- blender
- measuring cups
- measuring spoons

NUTRITION NOTES:

Read labels and look for unsweetened apple sauce or make your own when apples are in season.

For added fiber, leave the skin on the apple.

To boost the calcium and to make the shake thicker add 3 tbsp (45 mL) skim milk powder along with the juice.

TASTY IDEAS:

The secret to any smoothie or shake is start with ice cold ingredients and serve in chilled glasses.

Sprinkle each serving with freshly grated nutmeg.

