

Apple Pie Smoothie

1 scoop Matrix 5.0™ Simply Vanilla
½ cup applesauce, no added sugar
½ tsp. cinnamon
¼ tsp. nutmeg
¾ cup milk, skim
8–10 ice cubes

Blend all ingredients. Makes one serving.

Nutrition information per serving: 237 calories; 28 grams protein; 1 gram fat; 25 grams carbohydrate; 197 mg sodium.