

SMOOTH

A HEALTHY SMOOTHIE RECIPE

INGREDIENTS

1 Apple

3 tbsp Honey

6 Strawberries

1 cup Honey Nut
Granola

2 cups whole milk /
almond milk

A handful of walnuts

Ice as needed

DIRECTIONS

Blend the apple, strawberries, milk, honey, honey nut granola, walnuts, and ice in a blender until frothy.

Scrape down the sides of the blender with a spatula occasionally. Serve immediately.

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