

# Harvest Smoothie



## INGREDIENTS:

1 cup unsweetened applesauce (or 1 medium apple, peeled and chopped)

1 ripe banana

½ cup carrots (steamed or grated)

½ tsp ground cinnamon

1 tbsp peanut butter or sunflower seed butter (optional, adds protein)

1 cup milk or plant-based milk (like oat or almond)

Ice cubes (about 1 cup)

1–2 tsp maple syrup or honey (optional, to taste)

## INSTRUCTIONS:

1. If using a raw apple or raw carrots, chop them into small pieces.
2. Add all ingredients into a blender. Blend until smooth and creamy.
3. Pour into glasses and enjoy right away.



*Innovating primary care, leading as a Patient-Centered Medical Home.*