

# Apple and Cinnamon Smoothie



Serves: 2 | Prep: 5 min | Cook: 5 min | Source: #ParlezPantry

## Ingredients

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- 2 cup apple juice
- 2 apple (medium)
- 1 banana (ripe)
- 1 ½ tsp cinnamon
- 1 tsp vanilla extract
- Up to 8 tsp lemon juice

## Notes

I use apple juice from either my butcher or the local farmer's market, it has to be pasteurised as I am allergic to the pectins.

Additionally, this doesn't taste right if you use 50% water and 50% milk so go with the juice or even make your own fresh apple juice.



## Method

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1. Simplicity in itself: Combine all the ingredients into a blender or smoothie maker.
2. Blend until very smooth.
3. Serve and enjoy.
4. To make your own apple juice: Peel 20 medium sized apples (enough to provide 4 cups of juice) and cut them into chunks, place in a food processor and purée.
5. Use cheese cloth, or muslin to remove any pulp from the apple and to retain the juice in a separate vessel, further strain the juice into a bottle this removes the final elements of any pulp.