

## 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.

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