



SALTED CARAMEL APPLE SHAKE

NÜTRIR[®]
PREBIOTICS

POWERED BY



Start your day with this incredibly delicious low-calorie, low-fat, heart-healthy breakfast shake. Diabetic and Keto friendly, and Gluten Free when prepared as directed.

INGREDIENTS

12 oz water
1 scoop (1/4 c) NÜTRIR[®] Salted Caramel Protein Shake
1 cored apple, sliced or chunked (Granny Smith works really well for flavor)
2 T almonds
1 c fresh spinach
1/2 c uncooked oats
7-9 ice cubes
cinnamon to taste

INSTRUCTIONS

- Add all ingredients to blender in order listed
- Blend on 'Smoothie,' or high/pulse for 45 seconds until smooth
- Dust with cinnamon and garnish with apple slice
- Serve and enjoy!

Makes 1 serving

NOTE: Caloric and nutrient values will vary.

For more great recipes and amazing, healthy, nourishing products, visit us at: www.nutrirprebiotics.com

