

Healthy Apple Pie Smoothie

Few desserts are as comforting as warm apple pie fresh from the oven. The sweet aroma of cinnamon, crisp apples, and warm spices instantly brings back memories of family gatherings and holiday celebrations. While traditional apple pie can be high in added sugar and saturated fat, this Healthy Apple Pie Smoothie captures all the cozy flavors you love in a nourishing, protein-packed drink. Made with fresh apples, creamy Greek yogurt, rolled oats, almond butter, and warm apple pie spices, this smoothie is naturally sweet, rich in fiber, and satisfying enough to enjoy for breakfast, a post-workout snack, or a healthy dessert.

Healthy Apple Pie Smoothie

Prep Time: 5 minutes

Total Time: 5 minutes

Servings: 2

Ingredients

- 2 medium Honeycrisp apples, cored and chopped (leave the skin on for extra fiber)
- 1 frozen banana
- 1 cup plain nonfat Greek yogurt
- 1 cup unsweetened almond milk
- $\frac{1}{4}$ cup old-fashioned rolled oats
- 1 tablespoon natural almond butter
- 1 tablespoon ground flaxseed
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{8}$ teaspoon ground ginger

- Pinch of ground cloves (optional)
- 1 teaspoon honey or pure maple syrup (optional, if additional sweetness is desired)
- 1 cup ice cubes

Instructions

1. Add the almond milk, Greek yogurt, chopped apples, frozen banana, rolled oats, almond butter, flaxseed, vanilla, cinnamon, nutmeg, ginger, cloves (if using), and honey or maple syrup (if desired) to a high-powered blender.
2. Blend on high for **60–90 seconds**, or until smooth and creamy.
3. Add the ice cubes and blend again until thick and frosty.
4. Taste and adjust the sweetness or spices if desired.
5. Pour into two glasses.
6. Sprinkle with a light dusting of cinnamon before serving.

Nutritional Facts (Approximate Per Serving)

Nutrient	Amount
Calories	285
Protein	15 g
Carbohydrates	42 g
Fiber	8 g
Total Sugars	24 g*
Added Sugars	0–3 g**
Fat	8 g
Saturated Fat	1 g

Nutrient	Amount
Cholesterol	5 mg
Sodium	105 mg
Potassium	610 mg
Calcium	18% DV
Iron	10% DV
Vitamin C	12% DV

*Naturally occurring sugars from fruit and dairy.

**Depends on whether honey or maple syrup is added.

Nutrition values are estimates and may vary depending on the ingredients and brands used.

Why You'll Love This Recipe

- Tastes just like homemade apple pie.
- Naturally sweetened primarily with fruit.
- Rich in protein and fiber to help keep you feeling full.
- Made with wholesome, everyday ingredients.
- Ready in just 5 minutes.
- Perfect for breakfast, a healthy snack, or dessert.

Women's Health Benefits

Apples provide fiber and antioxidants that support digestive health and overall wellness. Keeping the peel on adds even more fiber and beneficial plant compounds. Greek yogurt supplies high-quality protein and calcium to support muscle and bone health, while rolled oats contain soluble fiber that promotes heart health and helps keep you satisfied. Flaxseed contributes fiber and plant-based omega-3 fatty acids, and almond butter provides healthy monounsaturated fats and vitamin E. Together, these ingredients create a balanced smoothie that supports steady energy and long-lasting

fullness.

Recipe Tips

- Leave the apple skin on to maximize fiber and nutrients.
- Freeze chopped apples ahead of time for an even thicker smoothie.
- If your apples are especially sweet, you may not need the honey or maple syrup.
- Add an extra $\frac{1}{4}$ teaspoon of cinnamon if you enjoy a stronger apple pie flavor.
- For a protein boost, add **30 grams ($\frac{1}{4}$ cup or 4 level tablespoons)** of vanilla protein powder and an additional 2–3 tablespoons of almond milk if needed.

Delicious Variations

Apple Cinnamon Protein Smoothie

Add **30 grams ($\frac{1}{4}$ cup or 4 level tablespoons)** vanilla protein powder.

Caramel Apple Smoothie

Blend in **2 soft Medjool dates** for natural caramel-like sweetness.

Apple Pie Breakfast Smoothie Bowl

Use only $\frac{3}{4}$ cup almond milk to create a thicker consistency, then top with sliced apples, chopped pecans, rolled oats, and a sprinkle of cinnamon.

Apple Spice Smoothie

Add an extra pinch of cloves and allspice for an even warmer fall-inspired flavor.

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