



## Ingredients

120g apple, with peel  
50g banana  
20g rolled oats  
13g flax meal  
7g pecan halves, raw  
.5 t cinnamon  
.25 t nutmeg  
1 C unsweetened vanilla almond  
milk

## Directions

- Put all the ingredients in a high-powered blender and blend!

A great time saver is to use quart freezer bags to store individual smoothie ingredients (except the milk). Chop up the fruit first, spread it in a single layer on a pan or plate and freeze long enough to keep it from sticking together, then put it in a freezer bag with everything but the milk and you have a very quick meal ready.



### Diabetics:

Although this recipe seems to have too many carbohydrates and sugars for you to enjoy, because they are complex carbohydrates and natural sugars, there is less concern. Also, when carbohydrates are paired with high fiber, good fats and protein, they impact blood sugar much less. Cinnamon also helps regulate blood sugar. Eat this recipe by itself with no changes and check your blood sugar an hour later. To lower blood sugar impact more, try again on another day with a greener banana, or no banana. Do not add extra fruit. Do not add sweetener. Do not use quick oats.

Good fat! The fats you want to avoid are saturated fat and trans fat. So for this dish, there's no trans fat and a tiny smidgen of saturated fat, so the fats here are good fats that your body needs.

No cholesterol, low sodium! This is great, because both can cause heart problems if you get too much.

Don't fear carbs! They are your body's main source of energy, and they are not all the same. Carbs to avoid are simple carbs. Eat plenty of complex carbs! Complex carbs come from starch and fiber.

Perhaps the best part of this food, fiber helps prevent heart disease, diabetes, cancer, obesity and more. It helps you lose/maintain weight, helps you feel more satisfied with your meals, and helps control blood sugar. Most people do not get enough.

Don't fear natural sugars! They are part of the carb count, but they get a different response from your body than added sugars, which would be on a separate line below Total Sugars if there was any.

Protein helps you feel full, and protein from non-animal sources comes without cholesterol and saturated fat, which is good.

The calcium from almond milk comes without cholesterol and saturated fat, which is good. There's more calcium in plant milks than in the same amount of cow's milk.

Heart healthy due to good fat, low cholesterol, low sodium, high fiber.

Supports healthy weight and balanced blood sugar with high fiber, healthy fat, protein and cinnamon.

Feel full and keep your energy up with protein, whole grains, healthy fat and fiber.

## Nutrition Facts

Serving size: Apple Smoothie

Servings: 1

Amount per serving

**Calories** **433**

% Daily Value\*

**Total Fat** 14.7g **19%**

Saturated Fat 0.9g **5%**

**Cholesterol** 0mg **0%**

**Sodium** 144mg **6%**

**Total Carbohydrate** 76.1g **28%**

Dietary Fiber 15.3g **54%**

Total Sugars 40.6g

**Protein** 8.7g