

# Whipped Apple Cinnamon Smoothie

## Ingredients

1

LeafSide Apple Cinnamon Crunch sweet bowl

3 cups

plant milk  
(recommend unsweetened vanilla almond)

1

granny smith apple

1

frozen banana

2 teaspoons

date paste\* (or lucuma powder)

1/2 cup

plant based yogurt† (recommend unsweetened vanilla coconut)

Treat yourself to this sweet & tart gift in a glass that's teeming with anti-inflammatory Ceylon cinnamon, along with pectin-rich Granny Smith apples that promote healthy gut bacteria. Caramel-like dates & vitamin C-filled black currants round out this heavenly drink that tastes too good to be healthful. You know what they say about an apple a day, so whip up this winning recipe to feel great from head-to-toe!

Makes 2 Servings

PREP TIME: 5 minutes • COOK TIME: 0 minutes

soy free

wheat free

◇ Tools Needed: high speed blender with 64oz minimum carafe (800+ watts power)

◇ Note: Disregard package preparation instructions and follow steps below instead.

1. Pour LeafSide's Apple Cinnamon Crunch sweet bowl into a blender, and use 3 cups plant milk (instead of water).
2. Add apple, frozen banana, date paste (or lucuma powder), & yogurt; blend until smooth and thick.

*Other suggested additions: rolled oats, vanilla bean or vanilla extract, walnuts, almonds, macadamia nuts, dates, raisins, hemp seeds*

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Unique Whole Plant Foods



## DATE PASTE

1. Place about 2 cups of tightly packed pitted Medjool dates into the bowl of a food processor, and add approximately 1/2 cup water (or since date sizes vary, add water to just under the top of the dates).
2. Process to a smooth, paste-like texture, stopping to scrape the sides and incorporate dates as needed. Per your preference, add more dates if paste is too watery or add more water if paste is too thick (the texture can depend upon the moisture content of the dates).

*Store in an airtight container in the fridge for up to a month. Use in a 1:1 ratio as a substitute for sugar or other sweeteners.*

† see recommended brands

\* see bonus recipes



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