



# Apple Cobbler Smoothie

## 3 Servings

1 1/4 Cup Unsweetened Almond Milk

1 Frozen Banana

1 Medium Apple

Tbsp Honey

1/2 Cup (Oatmeal Old Fashioned)

1 Scoop Illumin8 Vanilla Bean

Calories

164

Carbs

51g

Fat

3g

Protein

9g

Sodium

116mg

