

Caramel Apple Smoothie (a NowICanEatCake recipe)

Get This:

- 1 medium apple (or 1/2 c. unsweetened apple sauce), washed, cored and cut into large chunks
- 1/2 c. 1% cottage cheese (or non-fat cottage cheese)
- 1/4 c. water
- 1 t. vanilla
- 1 t. caramel extract
- pinch of salt
- pinch of cinnamon
- 1/2 t. xanthan gum
- truvia, xylitol, erythritol to taste
- 8 ice cubes

Do This:

1. Toss everything into the pitcher of your blender and pulse to get started.
2. Blend til smooth.
3. Top with low-fat or non-fat whipped cream if you wish.
4. Enjoy!

I thought leaving the peel on the apple made this caramel apple smoothie beautiful and added depth of color AND flavor. If you don't like the idea of that, feel free to peel your apple. For all my THM ladies, this is an 'E' so make sure you keep your fat to 5g or less!