

# Apple and Cinnamon Smoothie

**Yield:** 2 serves | **Prep:** 5 min | **Cook:** 5 min | **Source:** thestranger.online

## Ingredients

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- 473 ml apple juice
- 237 ml milk
- 2 apples (medium)
- 1 banana (ripe)
- 7 ml cinnamon
- 5 ml vanilla extract
- 1 Up to 8 tsp lemon juice

## Notes

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A preference is for apple juice from either a butcher or the local farmer's market.

To make your own apple juice: Peel 20 medium sized apples (enough to provide 4 cups of juice) and cut them into chunks, place in a food processor and purée.

Use cheese cloth, or muslin to remove any pulp from the apple and to retain the juice in a separate vessel, further strain the juice into a bottle this removes the final elements of any pulp.



## Instructions

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1. Simplicity in itself: Combine all the ingredients into a blender or smoothie maker.
2. Blend until very smooth.
3. Serve and enjoy.
4. To make your own apple juice: Peel 20 medium sized apples (enough to provide 4 cups of juice) and cut them into chunks, place in a food processor and purée.
5. Use cheese cloth, or muslin to remove any pulp from the apple and to retain the juice in a separate vessel, further strain the juice into a bottle this removes the final elements of any pulp.