



Summer to Fall Harvest Smoothie Recipe



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Servings: 4 servings at 8 oz cups/mini mason jar

Contains: Natural Sugar

Ingredients

- 1 apple
- 1 pear
- 1 sliced ripe nectarine (peaches)
- 1 cup almond milk (or other plant or nut based preferred milk, it may alter taste)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon of ground ginger
- 1/2 cup ice cubes
- 1/2 cup of water

Instructions

- 1.) Peel, Wash, Chop & Slice Fruit into medium pieces (skin on).
- 2.) Add ice, milk and fruit into blender. Add ground cinnamon and ground ginger.
- 3.) Blend until fully mixed and creamy.

Nutrition Facts

Serving size: 8 oz

Servings: 4

Amount per serving

Calories **214**

% Daily Value*

Total Fat 14.6g **19%**

Saturated Fat 12.7g **63%**

Cholesterol 0mg **0%**

Sodium 11mg **0%**

Total Carbohydrate 23.1g **8%**

Dietary Fiber 5.1g **18%**

Total Sugars 15.7g

Protein 2.1g

Vitamin D 0mcg **0%**

Calcium 21mg **2%**

Iron 1mg **8%**

Potassium 354mg **8%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

