

Apple Pie Smoothie

Freeze Dried Pantry

This recipe makes 1 apple pie smoothie with FD ingredients



Ingredients

3 tbs freeze-dried milk powder
1 tsp cinnamon
1/8 tsp nutmeg
1/8 tsp of ginger
1/2 cup of freeze-dried apple powder
-or-
2 cups freeze-dried apple chunks
1/4 cup freeze-dried banana powder
-or-
1 cup freeze-dried banana slices
12 oz Water

Ice (optional)

This is a freeze-dried pantry recipe using already freeze-dried ingredients

Directions:

1. Add all of the ingredients to a shaker bottle or blender. If you are using whole freeze-dried fruit and not the fruit puree, you will need a blender
2. Blend or shake vigorously
3. Add ice if desired. Enjoy

Notes: You can use any freeze-dried fruit or fruit powder to change up the flavor of this recipe. We like to use banana powder in all of our smoothie recipes to add a bit of natural sweetness. You could also add a scoop of protein powder for some extra nutrition. This recipe using the powdered fruit is perfect for camping or hiking

Nutritional Value Per 1 serving with apple and banana powder

Calories: 185 Protein: 6 g Fat: 6 g Carbohydrates: 28 g Sugar: 19 g Fiber: 3 g