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Apple and banana smoothie with cinnamon

INGREDIENTS

150 g apples

150 g banana

300 ml milk

0.5 tsp cinnamon

some lemon juice

INSTRUCTIONS

Peel the apple and remove the core and cut into small pieces. Peel the banana and cut it into large pieces. Put the fruit in a mix and puree. Add cinnamon, milk and lemon juice and mix everything well.