

Overnight Caramel Apple Smoothie



This delicious treat will make you feel like you are biting into a crunchy caramel apple.

Photo Contest!



- Test Recipes
- Fill out the survey
- Submit photos
- Win prizes



Nutrition Info

Makes: fluid ounces
= cups
= milliliters (mL)

Calories: 480 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 71.9%

Protein: 8.6%

Fat: 19.5%

Make it for the whole family:

This delicious recipe is great for sipping for the whole family along with the tubie!

Overnight Caramel Apple Smoothie

Ingredients

- ½ cup rolled oats
- 1 tablespoon of hemp seed
- ¼ teaspoon nutmeg
- ¼ teaspoon of cinnamon
- 1 medium apple, cored, peeled, and sliced
- 1 medjool date, dried, pitted, chopped
- 1 cup of almond milk, vanilla, unsweetened
- 1 tablespoon of caramel topping

Preparation

1. Add all ingredients to mason jar, mix, and put lid on.
2. Put in the fridge and leave overnight.
3. The next morning put all ingredients in mason jar into the blender. Blend until completely smooth. Strain if necessary.
4. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Mason jar with lid

Measuring cups:

1 cup, ½ cup,

Tablespoon

¼ teaspoon

Tips

Try making your own caramel sauce using this recipe:

<https://www.livewellbakeoften.com/home-made-salted-caramel-sauce/>.

If you don't have caramel sauce available use honey or pure maple syrup. The caramel can also be left out as the recipe will be naturally sweetened by the dates.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

© 2010-2018 Savor Life Nutrition & Wellness, LLC, All Rights Reserved