



Apple Cinnamon Smoothie



Entire recipe: 163 calories, 1.5g total fat (0g sat fat), 101mg sodium, 28g carbs, 3g fiber, 21.5g sugars, 10g protein

Blue Plan (Freestyle™) SmartPoints® value 6*

Prep: 5 minutes



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1 cup peeled and chopped Fuji apple
3/4 cup light vanilla soymilk
1/4 cup fat-free vanilla Greek yogurt
1/4 tsp. cinnamon
1/8 tsp. vanilla extract
1 packet natural no-calorie sweetener (like Truvia)
1 cup crushed ice (or 5 - 8 ice cubes)

Directions

Place all ingredients in a blender, and blend at high speed until smooth. Mmmm!

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.