



JOYA® SMOOTHIE

Makes about 500ml



Created by :

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INGREDIENTS:

- 2 medium JOYA® Apples in the skin, cut into cubes
- 60 ml (¼ cup) strong Rooibos tea
- 10 ml (2 tsp) ground cinnamon
- 250 ml (1 cup) plain unsweetened yoghurt
- 1 banana, thinly sliced
- 60 ml (¼ cup) smooth peanut butter
- extra JOYA® Apple wedges to serve

METHOD:

1. Place all the ingredients, except the extra apple, into a jug and blend with a stick blender until smooth. Alternatively, blend in a food processor. The mixture can be thinned down to your preference with more Rooibos tea.
2. Pour into glasses and serve immediately with extra apple wedges.

**FIRM
SWEET
CRUNCHY
APPLE**

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