

Binge Buster Smoothie 😊

This smoothie was shared by Dianne; she found it in the participation magazine Thank you I can't wait to try it out.

Ingredients

¾ cup unsweetened Almond milk

¼ cup Oats

1 tbsp Almond butter

1 tsp apple cider vinegar

1 tsp cinnamon

1 apple – chopped

Blend until smooth.

Curb Your Cravings

Apple cider vinegar & cinnamon stabilize your blood sugar (curbs the sweet tooth), while apples and oats are both high in slow digesting fibre (promotes fullness), Almond butter has satiating protein and monounsaturated fat (shown to reduce belly fat) - Registered Dietitian Frances Largeman-Roth