

Peanut Butter Apple Pie Shake

THM-Friendly: E

5 cups of fruits and veggies when made as written!

- 1 medium-sized apple, cut into chunks
- 1 medium yellow summer squash or zucchini
- 1 handful of spinach
- 1/2 cup frozen okra
- 2 tea bags brewed in 8 oz. (1 cup) water
OR just plain (boring 😊) water
(best tea options: Vanilla Chai, Apple, Cinnamon, Caramel Vanilla)
- 4 oz. (1/2 cup) unsweetened nut milk
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- a sprinkle of mineral salt
- 2 Tbsp. THM Pressed Peanut Flour
- 1/2 tsp. vanilla extract
- 1/2 tsp. peanut butter extract
- 1 Tbsp. THM Super Sweet
- 1/4 tsp. glucic
- 1 scoop (1/4 cup) THM Creamy Dreamy Plant Protein or Plain Pristine Whey Protein
- 1/4 tsp. blackstrap molasses
- 1 cup ice



If you do not have a super powerful blender I suggest putting the nut milk and okra in first and blending well! **Then** add everything but the protein powder. Add the protein powder after the rest is well blended to your smooth satisfaction!

It isn't necessary to peel the summer squash but you might want to peel the zucchini if you don't want the dark green coloring...

enJOY!

