

Paleo Summer to Fall Harvest Smoothie Recipe

The Ingredients:

- 1 apple
- 1 pear
- 1 sliced ripe nectarine (peaches)
- 1 cup almond milk (or other plant or nut based preferred milk, it may alter taste)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon of ground ginger
- 1/2 cup ice cubes
- 1/2 cup of water

Instructions:

- 1.) Peel, Wash, Chop & Slice Fruit into medium pieces (skin on).
- 2.) Add ice, milk and fruit into blender. Add ground cinnamon and ground ginger.
- 3.) Blend until fully mixed and creamy.

Servings 2 large glasses



Nutrition Facts

Serving size: 16 oz
Servings: 2

Amount per serving

Calories	429
	% Daily Value*
Total Fat 29.2g	37%
Saturated Fat 25.4g	127%
Cholesterol 0mg	0%
Sodium 22mg	1%
Total Carbohydrate 46.3g	17%
Dietary Fiber 10.2g	36%
Total Sugars 31.4g	
Protein 4.2g	
Vitamin D 0mcg	0%
Calcium 41mg	3%
Iron 3mg	16%
Potassium 708mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.