









# Apple Banana Smoothie



5 from 17 votes

This apple banana smoothie is so simple, easy, tasty, satisfying and full of vitamins. It tastes like an apple pie!

 <b>Course</b>	Drinks
 <b>Cuisine</b>	International
 <b>Keyword</b>	apple and banana smoothie, apple banana smoothie
 <b>Prep Time</b>	4 minutes
 <b>Cook Time</b>	1 minute
 <b>Total Time</b>	5 minutes
 <b>Servings</b>	2
 <b>Calories</b>	180kcal

## Equipment

- Blender

## Ingredients

- 1 **banana** peeled, fresh or frozen
- 1 **apple (Gala)** peeled, cored and chopped
- ½ cup **milk of choice** I used almond milk
- 1 tablespoon **hemp seeds** optional
- 1 cup **ice cubes** optional

## Instructions

1. In a blender, combine all of the ingredients, cover, and blend until smooth (for 1-2 minutes). If you're using frozen banana, then you might not need to use any ice cubes.
2. If your smoothie is too thick, and you need to thin it out a little, just add a little bit more milk or a splash of water and blend again.
3. Serve in glasses and enjoy!

## Notes

- Depending on the type of apples that you use, the smoothie might taste a bit gritty. So try using **Gala** or other type of sweet apples. **Granny Smith**, **Aroma** and **Red Delicious** also work here.
- Make sure to peel the apple if you are not using a **high powered blender**.
- The banana is quite sweet so I don't usually add any additional sweeteners, but feel free to add a **date** or 1 teaspoon of **honey** or **maple syrup**.
- For extra flavor, add **pure vanilla extract**.
- **Milk** can be swapped with **yogurt** but it will change the thickness a bit.
- You can also add **yogurt** or **Greek yogurt** for extra creaminess and richness.
- If you use **protein powders**, then feel free to add that to the smoothie.
- Add any **seeds** that you like for extra nutrient value. I love adding **hemp seeds**, **chia** and **flaxseed**.
- If the smoothie is **thick**, you can add more liquid to thin it out or have it as a **smoothie bowl**. It will taste like apple sauce with a hint of banana.

- If you end up making too much smoothie, you can **store in the fridge to enjoy later** but it is recommended that you consume this smoothie immediately to get the maximum of its nutrients. Also, it gets darker in color after a short period.

## **Nutrition**

Calories: 180kcal | Carbohydrates: 29g | Protein: 6g | Fat: 6g | Saturated Fat: 1g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 1g | Cholesterol: 7mg | Sodium: 31mg | Potassium: 400mg | Fiber: 4g | Sugar: 20g | Vitamin A: 225IU | Vitamin C: 9mg | Calcium: 97mg | Iron: 1mg

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