

# Baked apple smoothie



## Ingredients (serves 1)

- 1 apple
- 200 g milk or yogurt (lactose-free in case of intolerance)
- 3 rich tea biscuits (or similar)
- Ground cinnamon

## Method

1. Soak the biscuits in the milk for five minutes.
2. Peel the apple, remove the core, and cut it into quarters. Put it in a microwaveable container and add a splash of water. Cook for four to five minutes at maximum power in the microwave.
3. Mix all the ingredients together, sprinkle with cinnamon to taste and blend until obtaining a thick and homogeneous smoothie.

## Recommendations

If using yogurt, hydrate the porridge oats with milk or any other kind of plant-based milk.