Apple Smoothie

by Anand Lila devi dasi

"Krishna is very kind. Therefore, He has given us his remnants of food stuff"

Ingredients

Apples, peeled, cored and chopped..... 2 medium sized
Sugar..... 1/3 C
Cashews..... 1 ½ Tbsp
Cold milk..... 4 C (1 liter)

Preparation :

1) Blend the chopped apples, sugar, cashews and 2 cups of milk in a blender for 2 minutes.

2) Add the remaining milk, process until smooth and serve.

Serves : Four

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