

Cranapple Flip

The sweet tartness of cranapple juice makes this a perfect breakfast smoothie—what a great way to wake up in the morning!

Serves: 1

Ingredients

8 ounces chocolate Rice Dream rice milk

1½ cup cold organic cranapple juice

2 tablespoons [vanilla protein powder](#)

½ cup cold organic nonfat milk

4 ice cubes

Directions

1. Blend to desired consistency and enjoy!

