

## Pattie's Smoothie Recipe for 5 Cup Blender

### Ingredients

1. 3 cups Motts Applesauce (Motts has the least acid level of all brands)
2. 1 or 2 large bananas
3. 2 Jello brand vanilla pudding cups (These are found in the refrigerator section of the grocery store in a 6 pack.) Because calories are so important to maintain weight, avoid low calorie pudding.
4. Add 2 edible vanilla cookie dough "cookies" also found in the refrigerator section of the grocery store (This cookie dough is ok to eat and adds flavor and calories to the smoothie)
5. ½ cup or a bit more of smooth peanut butter. You may need to add more if the smoothie is too thin. Peanut butter provides protein and adds just enough texture without irritating the mouth and throat.
6. I also added apple pie filling – a third straight from the can to also add more caloric value to the smoothie.
7. Add water or apple juice until the consistency is correct.

(Serve with a spoon)