

# **Cinnamon Apple Shakes**

Natalie Carter - Austin, TX

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**Servings: 4**

**Start to Finish Time: 10 minutes**

**3 cups vanilla ice cream**

**3/4 cup 2% milk**

**1/2 cup cinnamon applesauce**

**1/4 cup caramel ice cream topping**

**1/2 teaspoon rum extract**

In a blender, combine the ice cream, milk, applesauce, topping and rum extract.

Cover and process until smooth.

Pour into chilled glasses.

Serve immediately.

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Per Serving (excluding unknown items): 222 Calories; 12g Fat (46.4% calories from fat); 5g Protein; 26g Carbohydrate; 0g Dietary Fiber; 47mg Cholesterol; 102mg Sodium. Exchanges: 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.