



Raspberry Mint Smoothie

Whether you're looking for a quick breakfast, delicious lunch, refreshing snack or even a dinner alternative, a smoothie packs a satisfying and nutritious punch.

Smoothies are a great way to get protein, complex carbohydrates (fruit, vegetables and fiber) and healthy fats all blended into a yummy drink. This recipe is delicious, healthy and just the beginning of the flavor combinations you can try!

INGREDIENTS

- 1 cup unsweetened Almond milk
- 1/2 cup fresh or frozen Raspberries
- 4 (or more) sprigs of fresh Mint; chopped
- 1/2 tsp Lemon Juice
- 1/2 Banana
- 1 scoop of your favorite Protein Powder (100 calories per scoop)
- *optional but recommended: Large handful of spinach
- ** switch the mint for fresh Basil for a totally different experience

DIRECTIONS

Add all ingredients to your blender. Blend until all ingredients are combined. Makes 1 serving; 220 calories