

Raspberry Zinger Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Frozen Cauliflower
1 cup Frozen Raspberries
1 Lemon (juiced)
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 1/2 cups Unsweetened Almond Milk
1 tbsp Coconut Butter

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

NUTRITION

AMOUNT PER SERVING

Calories	417	Potassium	819mg
Fat	20g	Vitamin A	874IU
Carbs	40g	Vitamin C	100mg
Fiber	19g	Calcium	925mg
Sugar	13g	Iron	4mg
Protein	28g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	158mg
Sodium	322mg	Zinc	2mg