

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	312	Carbs	36g
Fat	10g	Protein	27g