



Raspberry Mint Smoothie

INGREDIENTS

1 cup unsweetened Almond milk
1 cup fresh or frozen Raspberries
4 sprigs of fresh Mint; chopped
½ tsp Lemon Juice
Large handful of spinach (optional)

1 scoop of your favorite Protein Powder
3 drops of Raspberry extract
3 drops of mint extract
½ Banana

DIRECTIONS

Add all ingredients to a blender and blend until creamy and smooth. If too thick, add more water, ice or milk. Taste and adjust flavors as needed. Serve immediately. Each recipe serves 1; 220 calories