



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

- 1 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	312
Fat	10g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	36g
Fiber	16g
Sugar	12g
Protein	27g