



CHOCOLATE RASPBERRY SMOOTHIE

By Dr. Cindy Tanzar
(Standard)

Makes 1 serving covering protein and fruit.



INGREDIENTS

2 Scoops Vanilla Protein Powder
10 oz unsweetened coconut, almond or cashew milk
1 tablespoon unsweetened cocoa powder
1 cup fresh or frozen raspberries
1 cup ice
Stevia to taste

INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy.
Serve immediately.