

Raspberry Rocket



< 15 min



1 serving



Ingredients

- ½ cup coconut milk
- ½ green tea (mint is flavourful!)
- ¼ cup raspberries
- 2 Tbsp protein powder (preferably pea or bone broth; rice is acceptable for those with no sensitivities)
- 1 Tbsp ground flaxseed
- 1 tsp chia gel (see GHS Basics)
- 1 Tbsp lime juice
- ½ banana (frozen)
- ¼ tsp vanilla
- ½ cup crushed ice

Preparation

Blend all the ingredients together. Serve and Enjoy!

*For those who are sensitive to sugar, reduce/remove the banana. You can also use a flavoured stevia like vanilla, coconut, berry.



This wake-up smoothie is packed with fresh super foods that will give you a lift all morning long... and support gut and immune health!

- Protein (chia seeds, nut milk)
- Medium chain fatty acids (coconut yogurt/milk)
- Anti-inflammatory (turmeric, mushrooms, blueberries, ginger)
- Glucose balance (cinnamon)
- Vitamins, minerals & fiber (avocado, green leafy vegetables)
- Energy boost (maca)