

Uber Creamy Raspberry Avocado Smoothie **JOYOUS HEALTH**

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/2 avocado
- 1 banana
- 1/4 cup hemp hearts (shelled seeds)
- 2/3 cup frozen organic raspberries
- 1 generous scoop of Greens+Kids (mixed berry)
- Water or almond milk to your desired consistency
- Optional: Schlop crunchy almond butter

Instructions:

1. Place all your nourishing ingredients into you blender. Give it a whirl. Sip and enjoy!