

Raspberry Cheesecake Smoothie JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 3/4 cup fresh or frozen raspberries
- 1/2 cup unsweetened plain yogurt (I prefer sheep or coconut yogurt)
- 1/4 cup raw cashews
- 1 scoop Genuine Health Vegan protein powder (vanilla)*
- Optional for added sweetness: 1-2 medjool dates, remove pit
- Non-dairy milk to desired consistency

Instructions:

1. Place all ingredients into high power blender and blitz until smooth and creamy.

Notes:

*If not using vanilla protein powder, then 1 tsp vanilla extract