

# 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