

Chocolate Chip Raspberry Cheesecake Smoothie

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 tbsp raw cacao powder
- $\frac{3}{4}$ cup frozen raspberries (organic)
- $\frac{1}{2}$ cup soaked cashews (soak overnight or for 4-5 hrs)
- 1 frozen banana
- 1 scoop plant-based protein powder
- 1 cup nut/hemp milk of your choice
- Filtered water to your desired consistency.

Instructions:

1. Combine all ingredients in blender and blend until smooth.
2. Top with 1-2 tbsp raw cacao nibs