

# Raspberry & Apple Flax Smoothie

8 ingredients · 5 minutes · 2 servings



## Directions

1. Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

## Notes

### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately 1 1/2 cups.

## Ingredients

**1 1/4 cups** Unsweetened Almond Milk

**1** Apple (small, sweet, chopped)

**3/4 cup** Raspberries

**1/4 cup** Vanilla Protein Powder

**2 tbsps** Almonds

**2 tbsps** Hemp Seeds

**2 tsps** Ground Flax Seed

**1/2 tsp** Cinnamon

