

# Raspberry Almond Smoothie

*Compliments of Jen Stangland*

## Ingredients

½ cup Greek Yogurt (either non-fat or full fat is fine)  
1 cup frozen raspberries  
2/3 of a banana, frozen  
¼ cup raw almonds  
1 cup unsweetened vanilla almond milk  
1 tsp honey

## Optional add-ins

Protein powder  
Peanut butter  
Spinach  
Coconut  
Granola topping

## Directions

Put all ingredients in a blender. Blend until smooth. Enjoy!