

Creamy raspberry & avocado smoothie



50g ripe avocado, peeled and stone removed

250ml unsweetened almond milk
juice of ½ a lime

25g vanilla or raspberry flavour
whey or rice protein powder

40g frozen raspberries

6g flaxseed or shelled hemp

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:

301 Calories

13g Carbs

24g Protein

17g Fat