

Nutbutter Berry Smoothie

- 2 cups of frozen raspberries
- 2 bananas
- 1 cup of whole-milk yogurt
- 1 ½ cups of milk
- ¼ cup nut butter (almond, peanut, or your favorite.)
- ½ cups of ice

Blend and enjoy!

TO MAKE THIS DAIRY FREE – substitute hemp or almond milk for yogurt and milk.