

Raspberry Lemon Smoothie

- 2 cups of frozen raspberries
- 1 tablespoon lemon juice
- 2 tablespoons lemon zest
- 2 cups of whole-milk yogurt
- 1 cup of milk
- 2 tablespoons of honey
- ½ cups of ice

Blend and enjoy!

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