

Raspberry Almond Smoothie (PB&J Smoothie)

Source: The Nutrition Coach LLC

Serving: 1

Ingredients

1 cup **purified water**

1 tbsp. **chia seeds**

1/2 **banana**

1 cup **raspberries or other berries** *frozen or fresh*

3 tbsps **raw almond butter**

2 tsp **fresh lemon juice**

1/2 cup **spinach** *optional*

Directions

Combine all ingredients in a high-speed blender. Blend until smooth.

Note: To hide the green color of the spinach use a dark berry (such as blueberries or blackberries) instead of raspberries.