

BERRY 'CHEESE'CAKE SMOOTHIE

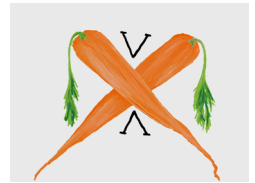


SERVES: 2

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

1 3/4 cup almond milk (or other non-dairy milk)
1 cup frozen berries (blueberry, raspberry, strawberry, blackberry or mixture)
1 medium banana, frozen
1/2 cup raw cashews
1/3 cup rolled oats (gluten free, if preferred)
1/2 tsp lemon zest
1-2 TBSP lemon juice
1 tsp vanilla extract
1/2 tsp cinnamon
1 TBSP chia seeds
1 medjool date, pitted (optional)
5-6 ice cubes

METHOD

Prep all ingredients and place in high speed blender.

Blend on high until smooth and creamy. Taste for additional lemon juice. Enjoy!

NUTRITION:

Serving Size: 1/2 recipe (approximately 10 oz) Total Calories: 440 Total Fat: 18 g

Sodium: 322 mg Potassium: 755 mg Carbohydrate: 59 g

Fiber: 15 g Sugar: 23 g Protein: 11 g

Vitamin A: 20% Vitamin C: 32% Calcium: 69% Iron: 30% (Percent Daily Value)