

RASPBERRY, VANILLA AND SNEAKY VEGETABLE SMOOTHIE



DIFFICULTY

EASY



TIME

5 MIN



SERVES

1

INGREDIENTS

1 Cup frozen Raspberries
1-2 Scoops of Vanilla Protein Powder
8-12 drops liquid Stevia drops
¼ of a frozen Banana
a pinch of Sea Salt
½ tsp Vanilla Extract
½ Cup frozen Cauliflower
Optional: 1/2 peeled Zucchini, cut into 2-3 pieces
1 small wedge of Red Cabbage or 1/2 cup of shredded Cabbage
1/2 Cup of Milk, Unsweetened Non-Dairy Milk or Water

DIRECTIONS

1. Put all ingredients in blender and process until smooth.

NUTRITION FACTS PER SERVING

Calories: 212 Fat: 2.1g (Saturated Fat: 1g) Carbohydrates: 33.1g Fiber: 6.4g Sugar: 17.4g Protein: 17.6g



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