

# Pink Power Smoothie

Makes 1 large or 2 small smoothies

## Ingredients

- 1 cup frozen raspberries
- 1 frozen banana
- 1/2 cup vanilla or honey greek yogurt
- 1 tablespoon chia seeds
- ~3/4 cup orange juice
- ~1/2 cup milk of choice



**Nutrition Tip:** *This beautiful bright pink smoothie is packed with protein and makes a great pre- or post-workout snack!*

## Directions

Layer ingredients into the blender as listed above. Puree until smooth. Add additional milk and/or orange juice as needed to reach desired consistency. Serve and enjoy immediately, or freeze with popsicle sticks and make smoothie pops!

Recipe adapted from <https://barefeetinthekitchen.com>

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