Pink Power Smoothie
Makes 1 large or 2 small smoothies

Ingredients
- 1 cup frozen raspberries
- 1 frozen banana
- ½ cup vanilla or honey greek yogurt
- 1 tablespoon chia seeds
- ~¾ cup orange juice
- ~½ cup milk of choice

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
Get more recipes at uhs.berkeley.edu/studentnutrition

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