



Indigo Herbs Natural Health Guide

Raspberry Cookie Smoothie



Ingredients

- ✦ Handful of raspberries
- ✦ 1 tb peanut butter
- ✦ ½ banana
- ✦ 300 - 400ml almond milk
- ✦ 1 tps of maca powder
- ✦ 1 tps of raw cacao powder

Method

Whizz all of your ingredients together in a blender or food processor for a thick, healthy treat packed with antioxidants.