


Healthy Nut Smoothie

Ingredients

- 1/2 cup almond milk
- 1 cup orange juice
- 1 cup raspberry yogurt
- 1 cup frozen raspberries
- 1/4 cup frozen pineapple
- ¼ cup frozen mango
- 2 teaspoons honey
- 1/8 tsp chia seeds (optional)



Directions

Brought to you by: 

1. In a blender, combine ingredients one at a time, starting with the almond milk orange juice, raspberry yogurt, frozen raspberries, frozen pineapple, frozen mango and honey in that order.
2. Cover blender with lid and pulse until all ingredients are mixed well and smooth.
3. Pour into one glass and enjoy. If you're including the chia seeds, sprinkle a few on top of the complete smoothie as a garnish along with a few frozen raspberries.