

raspberry basil smoothie



ingredients

2 1/2 C frozen raspberries
1 C almond milk*
1 red apple
3 T packed fresh basil*
1 tsp. honey

how to prepare

Without peeling or seeding your apple, coarsely chop it and add to blender. Add the rest of the ingredients and blend until smooth. Serve quickly with a sprig of fresh basil and a couple fresh raspberries as garnish.

notes

*commercial variety or homemade. To make your own almond milk, start with **1 C almonds**, add **4 C water**, **blend**, and **strain!**

*if you do not have access to fresh basil, you may substitute 1-2 drops of basil essential oil

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