

## Raspberry Rhubarb Pie Smoothie

Serves: 2

Smoothie Categories: Low Sugar, Low Calorie, Immune Boosting, Glow

Place all ingredients in a blender in order listed and blend.

### Ingredients

- 4 oz raspberries
- 2 oz rhubarb - chopped
- 1 banana - peeled
- 2 tbsp goji berries
- 3 tbsp cashews
- Zest of orange
- 1 orange, peeled
- 1 cup water
- 1 cup ice

All the delicious flavor of raspberry rhubarb pie in a glass! Rhubarb reportedly reached Europe by way of China in the 14th century, and because of growing demand, was more expensive than other precious plants and spices like cinnamon and opium. These days, it makes the perfect, lightly tart companion to raspberries. Thanks to a banana and cashews, this smoothie is creamy like a milkshake, but is low in calories, and bursting with vitamin C, magnesium, fiber, and healthy Omega-3s.

**Nutrition Facts:** Approximately 146 calories, 6g fat, 24g carbs, 4g fiber, 8g sugar, 4g protein per 12-ounce serving. Yields 2 servings)