Living Whole
Employee Wellness Program

Raspberry Smoothie

Ingredients:

6 ounces fresh or frozen raspberries
4 ounces chilled silken tofu
⅓ cup nonfat soy milk
2 tbsps cocoa powder
2 tbsps flaxseed powder



*VEGAN

*GLUTEN-FREE

Nutrition Facts

1 servings per container

Serving size	12 ounces
Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 30g	**11%**
Dietary Fiber 8g	**29%**
Total Sugars 10g	
Includes 0g Added Sugars	**0%**
Protein 14g	
Vitamin D 1mcg	6%
Calcium 180mg	15%
Iron 1.9mg	10%
Potassium 280mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1.Blend all ingredients in blender until smooth; about 2 minutes

For more information contact The Living Whole
Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.