

RASPBERRY & COCONUT SMOOTHIE

YOU WILL NEED

- ✓ 1/2 cup frozen raspberries
- ✓ 1 can coconut milk, full fat
- ✓ 1/4 tsp cinnamon
- ✓ 2 Tbsp raw honey
- ✓ 3 Tbsp filtered water

SERVES
1



Method

- 1 Place all ingredients in a blender and blend until smooth.