

Mark's Kitchen

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Ruby Smoothie

With nutty almond milk and creamy almond butter, this raspberry smoothie from my new book, [Eat Fat. Get Thin](#), will blast off your day with healthy fat, antioxidants, and phytonutrients.

Yield: 1 serving Prep time: 5 minutes

Ingredients:

- 1 1/4 cups unsweetened almond milk
- 1/2 cup frozen unsweetened raspberries
- 2 tablespoons ground flaxseed
- 2 tablespoons creamy almond butter
- 1 tablespoon chia seeds
- 1 tablespoon pomegranate powder (can substitute 3 strawberries)

Step 1: Place all the ingredients in a blender and start to blend on low speed, gradually increasing to high speed. Blend until creamy and smooth.

Nutritional analysis per serving (2 cups): calories 430, fat 31 g, saturated fat 2 g, cholesterol 0 mg, Fiber 15 g, protein 13 g, carbohydrates 31 g, sodium 320 mg