



RASPBERRY JAMMER SMOOTHIE

OREGON
Growers®

- FARM DIRECT SPECIALTY FOODS -

PREP TIME

5 minutes

COOK TIME

NA

SERVES

1 smoothie

INGREDIENTS

1 medium banana

5 fresh raspberries

1 tablespoon **Oregon Growers
Raspberry Jam**

1 cup ice

1 cup almond milk

1/2 cup non-fat Greek yogurt

1 teaspoon chia seeds, optional

1 teaspoon flax seeds, optional

PREPARATION

Combine all ingredients in a blender. Blend until smooth and serve immediately.

Tip: Want to customize this smoothie to make it your own? Use whole or 2% milk instead of almond milk, or swap almond milk for oat milk, soy milk, or coconut milk.