



RASPBERRY PEPPERMINT SMOOTHIE

Casey Babbitt, [@groundedby](#)

INGREDIENTS

1/2 cup nut milk (such as
homemade cashew milk)

1/2 cup fresh raspberries

1/4 cup fresh cherries (or
frozen)

3/4 cup steamed then
refrigerated, or frozen
cauliflower florets

A little less than 1/8 tsp.
peppermint extract

1/2 cup chopped cucumber
and summer squash

1 Brazil nut (optional)

1 scoop protein powder

2-3 droplets full of
mushroom tincture from
North Cove Mushrooms (sold
at the Dupont market)

3 tbsp. flaked coconut

1 tsp. ashwaganda (optional)

This smoothie is refreshing and light for the summer, and made almost all with ingredients from the market.

METHOD

Blend all ingredients until smooth. Top with your choice of more raspberries, coconut flakes, cacao nibs, crunchy granola, or a nut butter!