

# Raspberry Hemp Smoothie

## Ingredients

- 1 cup frozen raspberries
- 1 large navel orange, peeled, seeds removed
- 1 carrot, peeled
- 1- inch nob ginger, peeled
- 1-inch nob turmeric, peeled
- 1/2 cup plain whole milk yogurt
- 1/4 cup hemp hearts
- 1 cup coconut water, nut milk, or water
- 2 dates (optional)



## Instructions

Combine all ingredients in a blender. Blend on high speed for several minutes until smooth.