

# Raspberry Cacao Smoothie

Set yourself up for success today with a morning mood-booster!

Just when you think this delicious Raspberry Cacao Smoothie couldn't get any better, add in a scoop of **CanPrev's Myo-Inositol Powder** for mood support throughout the day.

Start a great day by putting on your favourite tune and scaling up the recipe to feed the whole family!



Preparation time: 5 mins | Servings: 1



## Ingredients

- 500ml plant-based milk
- ½ cup raspberries (fresh or frozen)
- 1 - 1½ tbsp cacao powder
- 1-2 tbsp hemp hearts, flax, or chia seeds
- 1 scoop Myo-Inositol Powder
- 1 scoop Magnesium Bis-Glycinate 400 (Optional)

## Method

1. Add ingredients to blender, and blend until smooth.
2. Serve and enjoy immediately!

## Featured Products



## Developed by: CanPrev Team



The CanPrev Team believes in nourishment with nutritious whole foods. For added support to our healthy and active lifestyles, we reach for high-quality, effective supplements!

