

Raspberry Vanilla Smoothie

Ingredients

- 1 cup Vanilla Bean Epigamia Greek Yogurt
- 1 cup Natural Epigamia Greek Yogurt
- 1 cup frozen raspberries
- 1 medium banana
- 1 teaspoon ground flaxseed (powder consistency)

Preparation

1. Add all ingredients in a blender and process until smooth.
2. Add water to lighten consistency, if desired.