



Creamy Coconut Raspberry Smoothie



Entire recipe (about 18 oz.): 106 calories, 5g total fat (4g sat. fat), 16mg sodium, 15.5g carbs, 7.5g fiber, 4.5g sugars, 1g protein

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Prep: 5 minutes



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Ingredients

1 cup unsweetened vanilla coconut milk beverage (like [the kind by So Delicious](#))
3/4 cup frozen unsweetened raspberries, partially thawed
1/8 tsp. coconut extract
2 no-calorie sweetener packets (like Splenda or Truvia)
1 cup crushed ice *or* 5 - 8 ice cubes

Directions

Place all ingredients in a blender, and blend at high speed until smooth. Drink up!

MAKES 1 SERVING

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