

Kidney-Friendly  Heart-Healthy

PB & J Smoothie

Makes 1 serving



Place all ingredients in blender and blend until mixed well.

Ingredients

1/2 cup frozen raspberries
1 tbsp unsalted peanut butter
1 tbsp chia seeds
1 cup dairy alternative milk
3-4 ice cubes

Nutrition Facts Per Serving

Calories 218
Carbohydrates 17 g
Protein 8 g
Total Fat 15 g
Phosphorus 238 mg
Potassium 346 mg
Sodium 152 mg

