Raspberry Lemon Poppy Seed Smoothie

Ingredients
1 1/2 cup non-dairy milk
1/2 cup raspberries
2 tablespoon rolled oats
1 tablespoon lemon juice
1 tablespoon almond butter
1 tablespoon chia seeds
1 1/2 teaspoon poppy seeds
1 teaspoon pure vanilla extract
zest from 1 small lemon
pinch white stevia powder or stevia drops
Toppings: raspberries + lemon

Directions
1. To be made the night before you plan on eating it, or at least 4 hours in advance.
2. Combine all ingredients in a glass container [I like to use mason jars and give it a quick shake] and place in the fridge overnight.
3. In the morning, pour ingredients into blender and process until smooth.
Preparation Guide
This guide will ensure that you have everything you need to make a successful meal, before you begin cooking. Start by reviewing the checklist below and mark off any equipment or ingredients that you already have stocked in your fridge, freezer or pantry. Then, take this guide with you to the grocery store for a simple shopping list.

Equipment
☐ Colander, for washing raspberries
☐ Zester or fine grater, for zesting lemon
☐ Measuring cups
☐ Measuring spoons
☐ Glass container (such as a Mason jar), for storing the smoothie ingredients overnight
☐ Blender

Grocery List
☐ 1 small carton raspberries (1/2 cup plus extra for topping if desired)
☐ 1 small lemon, for zest and juice (may need extra for topping/garnish, if desired)
☐ Chia seeds (1 tablespoon)
☐ Unsweetened non-dairy milk (1 1/2 cup; Almond or Coconut)
☐ Almond butter (1 tablespoon)
☐ Pure vanilla extract (1 teaspoon)
☐ Poppy seeds (1 1/2 teaspoon)
☐ Rolled oats (2 tablespoons)
☐ Stevia powder (1 pinch) or drops (2 or 3)

*Optional ingredients