

Raspberry Rosewater Smoothie

Serves one, generously

1 cup yogurt

6 ounces raspberries

1 small banana

1 teaspoon ground flax seeds

1 teaspoon honey

1/8 teaspoon rosewater

2 teaspoons pistachios, chopped

Combine all ingredients except pistachios in a blender and blend until smooth. If too thick, add a tablespoon of milk. If you like your smoothies icy, add a few ice cubes. Top with crushed pistachios and enjoy.