

WELLNESS CONNECTION

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NOURISHING YOU - Cherry Berry Smoothie

Recipe Adapted by Lydia Schillinger

Green Smoothie Joy by Cressida Elias

This smoothie is full of berry goodness! If you enjoy a smooth, refreshing banana berry flavor then you are going to love this smoothie recipe. It tastes like cherry ice cream with a twist. If you freeze this smoothie, you have a healthier substitution for the decadent dessert. Enjoy!

Ingredients

- 2 cups of cherries (pitted)
- 1 banana
- 1 cup of raspberries
- 1 apple (peel and core this)
- 1 cup of water
- ice

Optional:

- Add 1 T dark chocolate chunks (never optional for me!) or 1-2 tsp of cocoa powder or cacao nibs

Optional substitutions/add-ins to enjoy it Lydia-style:



Photo Credit: Pixabay from Pexels

- Substitute 1 cup of Silk Unsweetened Vanilla Almond Milk or use skim milk instead of the water and ice.
- Add 1 small container (5.3 oz) vanilla Greek yogurt
- Add 1 scoop (about 1 T) vanilla or chocolate protein powder (if you add this, stay away from the cocoa powder).

Instructions

- Blend all the ingredients until smooth (add more ice and/or water if you need it).
- Add the chocolate chunks and blend gently.
- Enjoy as a smoothie or freeze to enjoy as a frozen yogurt treat. If freezing, you may add the mixture to small cups or popsicle trays. Let the dessert sit out a few minutes to soften a bit before enjoying.

Nutrition information before substitutions/add-ins: (serving size: 2 smoothies)

Calories 482.6 | Fat 2.7 g | Carbs 120.0 g | Protein 5.7 g | Iron 14.6% | High in potassium, vitamin B6, vitamin C, copper, magnesium, manganese, and riboflavin.

Nutrition information for optional substitutions/add-ins:

1 C Silk almond milk adds 30 calories | 2.5 g fat | 1 g carbohydrate | 1 g protein.

5.3 oz. Two Good vanilla Greek yogurt adds 80 calories | 2 g fat | 3 g carbohydrates | 12 g protein.

1 T Hershey's dark chocolate chips adds 70 calories | 4.5 g fat | 9 g carbohydrates | 1 g protein.

1 scoop Juice Plus vanilla protein powder adds 140 calories | 1 g fat | 20 g carbohydrates | 14 g protein.

