

Cherry Blaster Green Smoothie

6 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet

Add honey or pitted dates.

More Protein

Add vanilla protein powder.

Ingredients

2 cups Unsweetened Almond Milk

2 cups Baby Spinach

1 cup Cherries (fresh or frozen)

1 Banana (frozen)

2 tbsps Chia Seeds

2 tbsps Hemp Seeds

Nutrition

Amount per serving

Calories	252	Calcium	568mg
Fat	12g	Iron	3mg
Saturated	1g	Vitamin D	101IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	4g	Thiamine	0.2mg
Monounsaturated	2g	Riboflavin	0.2mg
Carbs	34g	Niacin	2mg
Fiber	8g	Vitamin B6	0.4mg
Sugar	17g	Folate	84µg
Protein	8g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	209mg
Sodium	186mg	Magnesium	170mg
Potassium	793mg	Zinc	1mg
Vitamin A	3400IU	Selenium	1µg
Vitamin C	19mg		