

Chocolate Cherry Smoothie

Prep Time 5 mins
 Total Time 5 mins
 Meal Type Breakfast, Snack
 Contributed By **LivingPlateRx**
 Source Living Plate Teaching Kitchen
 Servings 1



Ingredients

lb,c g,ml

- 1/4 cup cherries, frozen
- 1/4 cup raspberries, frozen (or fresh)
- 1/4 cup spinach, frozen
- 1/2 banana, *fresh or frozen*
- 1 cup almond milk, unsweetened
- 2 Tbs cocoa powder
- 1 collagen

Directions

Make

1. Combine all ingredients in blender and process until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 5.1g		7%	Total Carbohydrates 31g
Saturated Fat 0.9g		4%	Dietary Fiber 9g	36%
Trans Fat 0.0g			Total Sugars 12g	
Cholesterol 0mg		0%	Protein 16g	
Sodium 263mg		11%		
Vitamin D 0mcg 0% · Calcium 51mg 5% · Iron 3mg 14% · Potassium 649mg 13%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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