

Breakfast Ideas Recipe

Black Cherry Breakfast Smoothie

Preparation time: 3-5 minute



Nutrition Facts	
Serving Size: 1 serving (396.4g)	
Servings: 1	
Amount Per Serving	
Calories 280	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 39g	13%
Dietary Fiber 6g	22%
Sugars 29g	
Protein 24g	
Vitamin A 4%	Vitamin C 0%
Calcium 25%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients

- 1 Cup Frozen Black Cherries
- ½ Scoop Vanilla Whey Protein (1/2 oz.)
- ½ Cup 2% Milk (4 oz.)
- ½ Cup Non Fat Greek Yogurt (4 oz.)
- ½ tsp. Almond Extract
- 3-4 cubes of ice according to personal preference

Method

Layer ingredient in Vitamix or a Nutribullet: Milk, Yogurt, Cherries, Whey Protein, Vanilla Extract and Ice.

Blend on high until smooth

Serve immediately.

Serves 1