

# Chocolate Cherry Protein Shake

Oh man....this shake. Far and away my favorite post workout protein shake. You can use frozen cherries to have this in any season.



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Breakfast, Gluten Free, Shakes, Snacks



SERVINGS

1 serving

CALORIES

267 kcal

## INGREDIENTS

- 1 scoop [Plant Fusion Chocolate](#)
- 1/2 c Tart Cherry Juice
- 1/2 c Cherries fresh or frozen
- 1/2 c Vanilla Unsweetened Almond Milk vanilla, unsweetened
- 1 Tbsp Cocoa Powder
- 1-2 packets/drops Stevia to taste
- 1/2 c ice to taste

## INSTRUCTIONS

1. Place all ingredients in a high powered blender. Blend until smooth. Add more ice or water to desired consistency.

## NUTRITION

## Nutrition Facts

Chocolate Cherry Protein Shake

### Amount Per Serving

<b>Calories</b>	267	Calories from Fat	36
<b>% Daily Value*</b>			
<b>Fat</b>	4g		6%
Saturated Fat	1g		6%
<b>Sodium</b>	493mg		21%
<b>Potassium</b>	330mg		9%
<b>Carbohydrates</b>	36g		12%
Fiber	4g		17%
Sugar	27g		30%
<b>Protein</b>	24g		48%
<b>Vitamin A</b>	300IU		6%
<b>Vitamin C</b>	6.6mg		8%
<b>Calcium</b>	250mg		25%
<b>Iron</b>	2mg		11%

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!