

# Chocolate Cherry Recovery Smoothie

Web Recipe · Smoothie · GF

**450 cal · 30g protein · 48g carbs · 14g fat · 1 serving**

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## Ingredients

- 1 scoop vegan chocolate protein powder
- 1 cup frozen dark sweet cherries
- 1 tbsp almond butter
- 1 tbsp cacao nibs
- 1 tbsp ground flaxseed
- 1 cup unsweetened soy milk

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## Instructions

1. Add soy milk, protein powder, and ground flaxseed to a blender.
2. Add frozen cherries, almond butter, and cacao nibs.
3. Blend on high until smooth and creamy.
4. Pour into a glass and serve immediately. Great post-workout.

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Generated by Meal Planner · Per serving macros