

Tart Cherry & Cocoa Post Workout Shake



PREP TIME

5 mins



COURSE

Breakfast, Gluten Free, Shakes, Snacks



SERVINGS

1 serving

CALORIES

281 kcal

INGREDIENTS

- $\frac{3}{4}$ c tart cherry juice
- 1 Tbsp cocoa
- 1 scoop vanilla protein powder
- 1 handful frozen spinach
- 1 c frozen pineapple
- 1 tsp hemp seeds
- 2 Tbsp vegan greek yogurt
- 2 Tbsp water to desired consistency

INSTRUCTIONS

1. Add all ingredients in a blender and blend!

NUTRITION

Nutrition Facts

Tart Cherry & Cocoa Post Workout Shake

Amount Per Serving

Calories	281	Calories from Fat	40
% Daily Value*			
Fat	4.4g		7%
Carbohydrates	36g		12%
Protein	25g		50%

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



KEYWORD

smoothie

Tried this recipe?

Let us know how it was!