

# Black Forest Protein Smoothie



COURSE  
Shakes



SERVINGS  
1 serving



CALORIES  
350 kcal

## INGREDIENTS

- 1 c frozen cherries
- 2 Tbsp cocoa powder
- 1 tsp chia seeds
- 1 scoop chocolate protein powder
- 1 c unsweetened non-dairy milk
- ½ c cherry juice
- 1-2 handful spinach
- Ice + water to taste and texture

## NUTRITION

### Nutrition Facts

Black Forest Protein Smoothie

Amount Per Serving (1 serving)

Calories 350	Calories from Fat 72
<b>% Daily Value*</b>	
Fat 8g	12%
Carbohydrates 48g	16%
Protein 26g	52%

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



KEYWORD

gluten free, soy-free

**Tried this recipe?**

Let us know how it was!

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