

# 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!