

Chocolate Cherry Recovery Smoothie

Web Recipe · Smoothie · GF

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

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