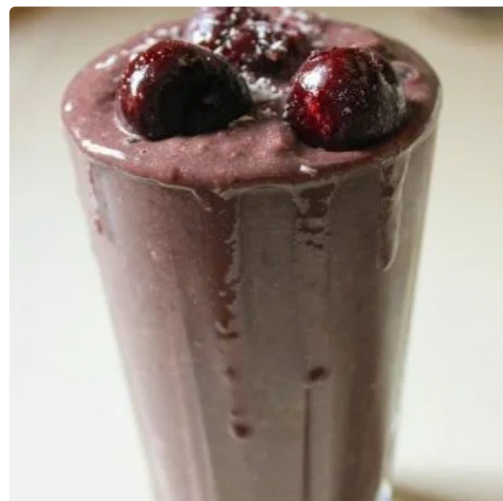


Chocolate Cherry Protein Shake

Oh man....this shake. Far and away my favorite post workout protein shake. You can use frozen cherries to have this in any season.



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Breakfast, Gluten Free, Shakes, Snacks



SERVINGS

1 serving

CALORIES

267 kcal

INGREDIENTS

- 1 scoop [Plant Fusion Chocolate](#)
- 1/2 c Tart Cherry Juice
- 1/2 c Cherries fresh or frozen
- 1/2 c Vanilla Unsweetened Almond Milk vanilla, unsweetened
- 1 Tbsp Cocoa Powder
- 1-2 packets/drops Stevia to taste
- 1/2 c ice to taste

INSTRUCTIONS

1. Place all ingredients in a high powered blender. Blend until smooth. Add more ice or water to desired consistency.

NUTRITION

Nutrition Facts

Chocolate Cherry Protein Shake

Amount Per Serving	
Calories 267	Calories from Fat 36
% Daily Value*	
Fat 4g	6%
Saturated Fat 1g	6%
Sodium 493mg	21%
Potassium 330mg	9%
Carbohydrates 36g	12%
Fiber 4g	17%
Sugar 27g	30%
Protein 24g	48%
Vitamin A 300IU	6%
Vitamin C 6.6mg	8%
Calcium 250mg	25%
Iron 2mg	11%

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



Tried this recipe?
Let us know how it was!