

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
% Daily Value*	
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!
