



Cherry ginger smoothie

Serving: 1

Veg

Ingredients

- $\frac{1}{4}$ banana sliced
- $\frac{1}{4}$ cup fresh cherries
- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- 1 teaspoons honey
- 1 teaspoons grated ginger
- 3-4 ice cubes

Preparation Method

- Combine the bananas, cherries, yogurt, honey, ginger and ice cubes in a blender, and puree until smooth