



Chocolate Cherry Jubilee

INGREDIENTS

1 cup unsweetened vanilla coconut/nut milk 1 cup pitted cherries ½ banana 1-2 cups spinach
1 TBS ground flax seed 1 TBS unsweetened cocoa powder 1 TBS cinnamon 1 tsp vanilla extract
4 drops Almond extract 1 scoop of your favorite protein powder (100 calories per scoop)

DIRECTIONS

Add all ingredients to a blender and blend until creamy and smooth. If too thick, add more water, ice or milk. Taste and adjust flavors as needed. Serve immediately. Each recipe serves 1; 240 calories