



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Chocolate Cherry Breakfast Smoothie

YMCA of Northern
Rock County

Super stressed? No time for breakfast? This antioxidant-rich smoothie counters the damage inside your body from stress. Plus, it is quick to make and will fill you up, too!

Servings: 1

Ingredients:

- 1/2 cup frozen organic cherries (or any combination of strawberries, raspberries, blueberries, and pomegranate)
- 1/4 of an English cucumber including peel
- 1 Tablespoon raw organic cacao (or cocoa)
- Small piece of lemon peel and small squeeze of juice
- Dash of cinnamon
- 1/2 cup organic power greens (or baby spinach)
- 8 ounces (1 cup) unsweetened or plain almond milk

Directions:

1. Place all ingredients in a high-speed blender and blend until smooth.

Nutritional Information:

Calories: 123

Fat: 3.9g

Carbs: 19.2g

Protein: 4.9g

Recipe courtesy of:

<https://www.flavcity.com/3-healthy-smoothie-recipes/>



This recipe is provided to you by Y
Personal Trainer, Kelly Jones

