



Chocolate Cherry Smoothie

Ingredients (Serves 2):

- 2 ounces (about 2 cups) baby spinach
- 2 ounces (about 2 cups) romaine lettuce or spring mix
- ½ cup unsweetened soy, hemp, or almond milk
- ½ cup pomegranate juice, cherry juice, or cherry pomegranate juice
- 1 tablespoon non-alkalized cocoa powder
- 1 cup frozen cherries
- 1 ripe banana
- 1 cup frozen blueberries
- ½ teaspoon alcohol-free vanilla extract
- 2 tablespoons ground flax seeds

Instructions:

If using a regular blender, liquefy the spinach and lettuce with non-dairy milk and juice. Add remaining ingredients and blend about 2 minutes until very smooth. If using a high-power blender, blend all at once.

Nutritional Information: Per Serving

- Calories: 239 kcal
- Protein: 6 g
- Carbohydrates: 46 g
- Sugars: 30 g
- Total Fat: 5.7 g
- Saturated Fat: 0.9 g
- Sodium: 58 mg
- Fiber: 9.3 g
- Beta-Carotene: 3518 ug
- Vitamin C: 18 mg
- Calcium: 161 mg
- Iron: 2.9 mg
- Folate: 137 ug
- Magnesium: 108 mg
- Potassium: 884 mg
- Zinc: 1.2 mg