

# Chocolate Cherry Smoothie

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## *Ingredients:*

- 1 to 1 ½ cups of plant-based milk (soy, almond, or oat milk)
- 1 to 2 handfuls of spinach (or more, as desired)
- 1 cup of frozen cherries
- 1 ripe banana (frozen, if desired)
- 1 to 2 tablespoons of cocoa or cacao powder
- 1 to 2 chopped dates (optional)
- 1 tsp flax seeds and/or chia seeds (optional)
- Ice cubes (optional)

Blend all ingredients until smooth.