

# Chocolate Covered Cherry Smoothie

Prep Time 5 mins  
 Total Time 5 mins  
 Meal Type Breakfast, Snack  
 Contributed By



Source Living Plate Teaching Kitchen  
 Servings 1



## Ingredients

lb,c g,ml

- 1/2 cups cherries, frozen
- 1/2 cups raspberries, frozen (or fresh)
- 1/4 cups spinach, frozen
- 1/2 banana, *fresh or frozen*
- 1 cups almond milk, unsweetened
- 2 Tbs cocoa powder
- 2 dates, *pitted and chopped*

## Directions

### Make

1. Combine all ingredients in blender and process until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 5.5g		8%	<b>Total Carbohydrates</b> 75g
Saturated Fat 1.0g		4%	Dietary Fiber 15g	59%
Trans Fat 0.0g			Total Sugars 49g	
<b>Cholesterol</b> 0mg		0%	<b>Protein</b> 7g	
<b>Sodium</b> 214mg		9%		
Vitamin D 0mcg 0% · Calcium 87mg 8% · Iron 4mg 19% · Potassium 1090mg 23%				

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -