

Black Forest Smoothie

Swick

Serves 1 | Active Time: 10 minutes | Total Time:

Chef's Notes

Suggested adult serving: 2¼ cups

Store any leftover smoothie in an airtight container in the refrigerator for up to 1 day.

RECIPE TIPS

Frozen Bananas: Line a baking sheet with parchment paper. Freeze bananas on prepared baking sheet for at least 2 hours.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Step 1: Make Smoothie

- 24 fl oz unflavored plant milk (≈3 cups)
 - 3 bananas sliced & frozen
 - 1 lb + 2 oz frozen cherries (≈3 cups)
 - 3 tablespoons cocoa powder
 - 3 tablespoons almond butter
- In a high-powered blender (or food processor), purée plant milk, banana slices, frozen cherries, cocoa powder, and almond butter until smooth.
- Enjoy immediately.