

Cherry Mocha Smoothie with Avocado

Yield: 4 servings

Ingredients

2 cups coffee; brewed
3 cups Greek yogurt; plain
2 cups cherries; frozen
¼ cup cocoa powder;
unsweetened
1 tablespoon vanilla extract
¼ cup honey
2 cups ice
4 each avocado

Instructions

1. Gather all ingredients and equipment.
2. Place all ingredients in a blender and puree until smooth.
Enjoy Immediately.

Nutrition Information

Serving Size: 1 ¼ cup
Calories: 300
Total Fat: 15.0 g
Saturated Fat: 2.0 g
Monounsaturated Fat: 10.0 g
Sodium: 44.0 mg
Total Carbohydrate: 34.0 g
Dietary Fiber: 9.0 g
Sugars: 22.0 g
Protein: 13.0 g

Source: Goldring Center for Culinary Medicine



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