

# Banana Cherry Smoothie

## Ingredients

- 1/2 cup almond milk
- 2/3 cup frozen pitted cherries
- 1 large banana, sliced, frozen
- 1/4 cup vanilla greek yogurt, non fat
- Optional: 1 teaspoon almond extract

## Instructions

1. Place the milk, frozen cherries, banana, yogurt, and almond extract into a blender.
2. Place the lid on the blender. Pulse and blend the ingredients for 1-2 minutes, until smooth. For thicker consistency add ice and blend.
3. Serve immediately.



## Nutrition Facts

Servings: 1

Amount per serving

**Calories** **245**

% Daily Value\*

**Total Fat** 2.5g **3%**

Saturated Fat 0.5g **3%**

**Cholesterol** 4mg **1%**

**Sodium** 94mg **4%**

**Total Carbohydrate** 56.9g **21%**

Dietary Fiber 6.7g **24%**

Total Sugars 35.4g

**Protein** 6.1g