

Cherry & Orange Smoothie

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↑↓ Servings: 2 glasses



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
259 kcal	30 g	3 g	32 g	2 g



PREP TIME

5 mins



COURSE

Breakfast, Snack

INGREDIENTS

- 1 Cup Low Fat Milk Use milk of your choice eg almond milk, soy etc
- 0.25 Cup Orange Juice
- 1 Cup Cherries Frozen
- 1 Tbsp Honey
- 2 Scoops Protein Powder Vanilla
- 1 Cup Ice Crushed

INSTRUCTIONS

1. Combine all ingredients in a blender and process until smooth.
2. Serve immediately in your favourite glass!



KEYWORDS

Breakfast, Snack

