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Cherry Chocolate Green Smoothie ♦♦

This Cherry Chocolate Green Smoothie is a delicious and nutritious blend of cherries, chocolate, and greens. It's packed with antioxidants, vitamins, and minerals, making it a perfect choice for a healthy and refreshing drink. The combination of sweet cherries and rich chocolate creates a delightful flavor that will satisfy your cravings. Whether you're a vegan or not, this smoothie is a great way to incorporate more fruits and vegetables into your diet.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

200 g	frozen cherries
50 g	spinach
20 g	cacao powder

300 ml	almond milk
10 g	chia seeds
20 g	honey
100 g	ice cubes

Directions

Step 1

Blender

Add frozen cherries, spinach, cacao powder, almond milk, chia seeds, honey, and ice cubes to a blender.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pour into glasses and serve.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 6 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	7 g	18.42%	28%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Kitchen Tools

Blender

Course

Appetizers Breads

Meal Type

Snack

Difficulty Level

Medium

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