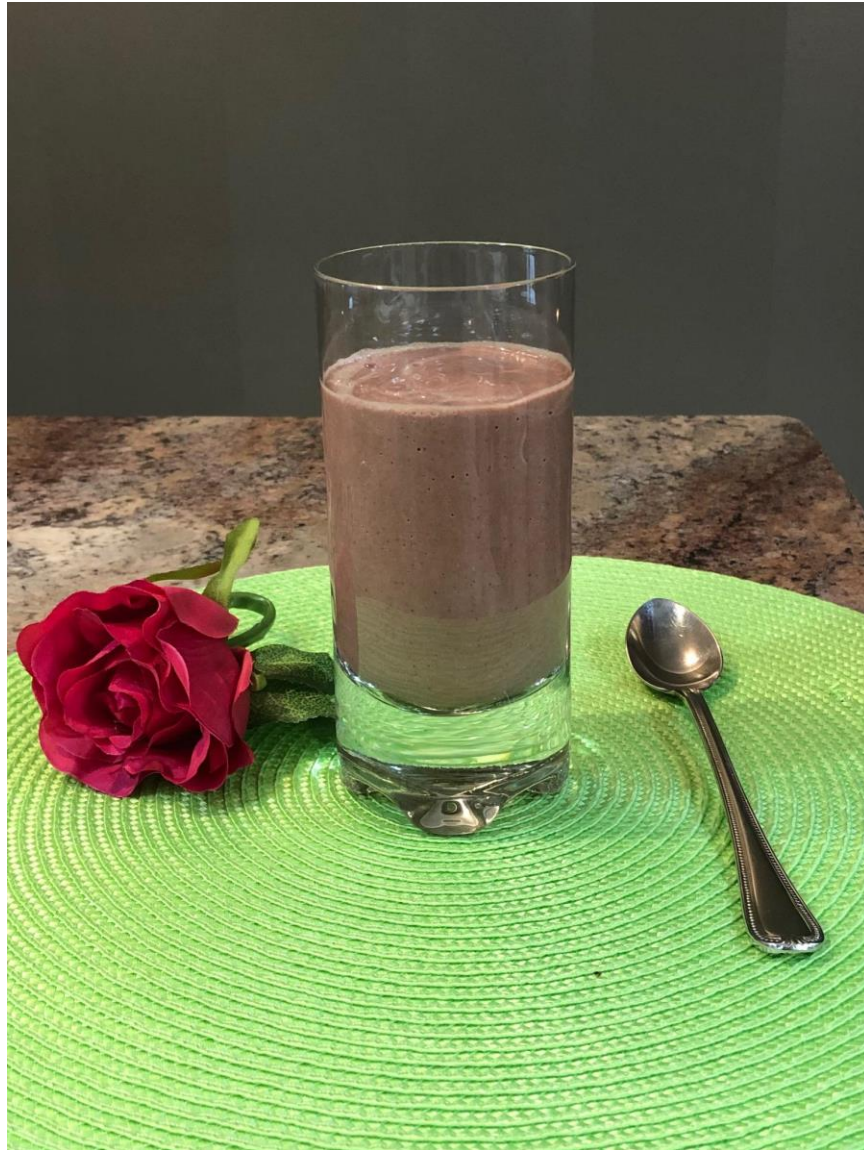


## *Chocolate Cherry Smoothie*



This smoothie is low in sugar, energizing and very chocolaty. It's perfect for vegans and vegetarians with its healthy fat and protein content.

It can be refrigerated in an airtight glass container for up to 3 days. I usually use one whole tiny avocado and MCT oil (coconut oil) if I have it at home. I don't use stevia because I don't like it; the cherries are sweet enough, in my opinion. You can replace cherries with blueberries. You can also omit some ingredients if you don't have them. The smoothie will still be delicious. All ingredients can be purchased at our local stores, including ShopRite, Wegmans and Trader Joe's.

## *Equipment*

High-speed electric blender (I use my tired, 23-year-old Vita-mix)

Measuring cups and spoons

Citrus squeezer

## *Shortcuts*

When I have a washed organic lemon or lime, I just cut a slice with the rind instead of squeezing the lemon juice.





## *Ingredients*

- 1 ½ cups filtered water
- ½ ripe avocado, peeled, pitted, and sliced
- 1 cup frozen pitted dark sweet cherries
- ¼ cup raw pumpkin seeds
- ¼ cup raw hazelnuts
- 3 tablespoon raw unsweetened cacao
- 2 tablespoons collagen powder
- 1 tablespoon melted coconut oil
- 1 tablespoon vanilla extract
- 1 tablespoon freshly squeezed lemon or lime juice
- ½ teaspoon cinnamon powder
- 6 drops of stevia
- Dash of sea salt

## *Directions*

Add all ingredients to the blender and puree until silky smooth. I blend it for around 1½ minutes.



***Enjoy!***

This recipe was adapted from *Cooking for Hormone Balance* by Magdalena Wszelaki