




# Cherry Ripe Smoothie

 6 ingredients  5 minutes  1 serving

## Directions

1. Place ingredients in blender 2. Serve immediately

## Notes

**No Hemp?** Use Protein Powder

**Make it Gut friendly** Add a capsule of probiotics

## Ingredients

<b>1/2 cup</b>	Frozen Cherries
<b>1/4 cup</b>	Unsweetened Coconut Flakes
<b>1 tbsp</b>	Maple Syrup
<b>1/4 cup</b>	Hemp Seeds
<b>1 tbsp</b>	Cacao Powder
<b>1/2 cup</b>	Baby Spinach

## 481 Calories

Per Serving	% Daily Value
<b>Fat</b> 35g	54%
<b>Carbs</b> 34g	11%
Fiber 8g	32%
Sugar 21g	0%
<b>Protein</b> 16g	32%