

# CHERRY BERRY POST-WORKOUT SMOOTHIE



## INGREDIENTS

- 1 cup Ultra-Filtered Milk
- 2/3 cup Vanilla Greek Yogurt
- 1 cup Frozen Cherries (pitted)
- 1 cup Frozen Blueberries
- 1/2 medium Banana (frozen slices)
- 1 cup Baby Spinach
- 1 Tbsp Chia Seeds
- 1/2 tsp Cinnamon
- Ice

## METHOD

- Blend all ingredients together until desired consistency.
- Increase/decrease amount of liquid and/or ice used to reach preferred thickness.
- For best quality, enjoy immediately after preparing.

