

Tart Cherry Smoothie


preparation


Steps:

→Add to Blender

- 1 cup almond milk
- 1 banana/date pack
- 1 Cup frozen red cherries
- 2 large spoon Greek Yogurt
- 2 large spoons dried tart cherries
- 1 small white scoop cinnamon
- 1 Cup Kale
- ½ scoop ice

→Blend for 45 seconds (the color should be dark red)

 Serve

 Enjoy!

Benefits:

- THIS IS BEST AS A POST WORKOUT RECOVERY DRINK.
- A is for Anthocyanins, which are powerful antioxidants that repair cell damage and fight long-term health conditions (think inflammation and cancer)!
- Q is for Quercetin, which fights heart disease by lowering inflammation and aids in repairing artery walls. This prevents a buildup of plaques that cause heart disease.
- Post-workout soreness, studies have shown a reductions in muscle tissue damage when tart cherry was consumed after workout.
- Lastly, tart cherry juice has been shown to treat insomnia and lead to a good night's sleep.

Initial below after you have read about, and made, the Golden Toasted Coconut
