

Chocolate Cherry Chia Smoothie

ingredients

- *1/4 cup chocolate protein powder**
- *1 cup cashew or oat milk (sub dairy milk if preferred)*
- *1 banana (frozen for a thicker consistency)*
- *1 tbsp. flaxseed meal and chia seeds*
- *1/2 cup frozen cherries*

**sub 1 tbsp cocoa powder and 1 tbsp maple syrup for protein powder if desired.*

instructions

- *Combine all ingredients in the blender and blend until smooth.*

