

"Farm Fresh Recipes"



Extension

SMB Colorado Master GardenersSM and The Norwood Farm and Craft Market



Cherry Smoothie

Ingredients:

- Frozen, pitted cherries
- Milk (almond, coconut, full-fat coconut, dairy, etc)
- Almond flavoring
- Cocoa powder
- Sweetener, if desired
- Ice, if needed

Directions (the amounts of the ingredients to add are listed in proportion to how many cherries you use)

8. Place the amount of cherries you want for a smoothie in the blender (1/2-2 cups)
9. Add milk to cover the cherries
10. Add sweetener, to taste (1-2 Tablespoons)
11. Add almond flavoring (1/4 to 1 tsp)
12. Add cocoa powder, to taste (1-3 Tablespoons)
13. Blend until smooth, add ice if not cold enough and blend
14. Enjoy right away!



Recipe courtesy of Yvette Henson, San Miguel Basin
Colorado State University Extension

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