

Dark Chocolate Cherry Smoothie

Ingredients

¼ cup dark chocolate chips
½ cup plain low-fat yogurt
½ cup chocolate soy milk
1 cup frozen tart maraschino cherries
1 Tablespoon pure honey
Ice as needed

Directions

1. Add all ingredients, cover and puree until smooth
2. Serve immediately or freeze for later. Enjoy!

Yields - 16 oz.

Calories: 483
Sodium: 166.2 mg

Fat: 13.9 g
Fiber: 3.8 g

Protein: 10.8 g

Carb: 77.2 g

