



Cherry Almond Chiller

Servings: 1

Cherry Almond Chiller

1 cup frozen cherries

½ cup 1% milk

½ cup non-fat vanilla Greek yogurt

½ TBSP honey

1/8 teaspoon almond extract

Optional: add 1 TBSP ground flax seed and top with chopped almonds

Blend until smooth and enjoy!

- Calories: 298

Steps:

- Place all ingredients in blender, with yogurt closest to the blade. Blend until smooth and there are no large chunks.

Nutritional Facts (per serving/not including nuts and flax seed): Calories: 211, Carbohydrates: 43 grams, Protein: 9 grams, Total Fat: 2 grams, Saturated Fat: 1 gram, Cholesterol: 7 mg, Sodium: 69 mg, Fiber: 3 grams, Total Sugars: 37 grams.