

# Chocolate Cherry Protein Smoothie

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1/2 cup frozen cherries
- 3 tbsp whole chia seeds
- 3-4 medjool dates, pitted
- 1 scoop protein powder
- 1 pear, seeds removed
- 1 scoop greens+ (mixed berry)
- 2 tbsp hemp hearts
- Water and coconut milk to desired consistency

## Instructions:

1. Place all ingredients into a blender and give a whirl! Blend until creamy and smooth.