

Chocolate Cherry Recovery Smoothie

Ingredients

- 1 cup frozen cherries (sweet or tart)
 - 1 frozen banana
 - 1 scoop chocolate protein powder (plant-based or whey)
 - 1 tablespoon unsweetened cocoa powder
 - $\frac{3}{4}$ cup unsweetened almond milk (or chocolate milk for extra richness)
 - 1 tablespoon almond butter or peanut butter (optional)
 - Ice cubes (optional, for thickness)
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Instructions

1. Add all ingredients to a high-speed blender.
2. Blend for 45–60 seconds until thick and creamy.
3. Taste and adjust with more cocoa or milk if needed.

4. Serve immediately for best freshness and benefits.

Health Benefits

- Cherries (especially tart cherries) contain anthocyanins that reduce muscle soreness and inflammation.
- Chocolate protein powder promotes muscle repair and post-exercise recovery.
- Cocoa powder is rich in antioxidants and improves mood.
- Banana adds potassium and helps replenish glycogen.
- Nut butter delivers healthy fats and added satiety.
- Almond milk provides a smooth, dairy-free base with essential minerals.