

chocolate covered cherry cordial **smoothie**

ingredients

1/3 C almonds

3/4 - 1 C water (start
with less, use more to
get the blender going)

2-3 C ice

2.5 C frozen cherries

1/3 C cocoa powder

1/4 c real maple syrup

1 1/2 T vanilla*

**try to use mexican white
vanilla if you can find it*

directions

Blend all ingredients in a blender and serve right away.



a gentler and *happier* approach to health