

# Cherry Almond Smoothie

PREP TIME: 3 minutes

BLEND TIME: 45 seconds

TOTAL TIME: 4 minutes

## INGREDIENTS:

1 ½ cups (190 g) frozen cherries, pitted

1 cup (245 g) whole milk yogurt

⅓ cup (57 g) whole raw almonds

½ cup (118 mL) almond milk

1 ½ cups (187 g) ice

⅛ teaspoon cardamom

## INSTRUCTIONS:

Add all the ingredients into the blender jar of your KitchenAid® K400 Blender. Secure lid and set to Smoothie setting. Blend until the program runs through. Pour into 2 glasses and serve immediately.

## CHEF'S NOTES:

**MAKES 2 16oz SERVINGS**

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### Nutrition - 1 Serving

424calories 18.7g fat	57.2g carbs 12.7g protein 47.9g sugars 7.5g dietary fiber	15.9mg cholesterol 96.1mg sodium
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