

## **Cherry Smoothie**

### **Ingredients**

2 cups frozen tart cherries  
1 ripe banana, peeled  
1 cup cherry juice blend (or other juice)

### **Directions**

Put frozen cherries, banana and cherry juice blend in container of electric blender or food processor. Puree until smooth. Serve immediately.

Makes 4 (8-ounce) servings

### **Nutrition Info**

Nutrition Facts per 1-cup serving: 86 cal., 0 g total fat (0 g sat. fat), 21 g carbo., 0 mg chol., 1 g pro., 2 g fiber, 14 mg sodium. Daily RDA values: 8% vit. A, 8% vit. C, 2% calcium, 4% iron.

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