

COCO BERRY SMOOTHIE

INGREDIENTS

For 2 servings

- ½ cup nonfat plain yogurt
- ½ cup dark sweet cherries, pitted (may be frozen)
- ¼ cup light coconut milk
- 2 Tbsp Turbinado or light brown sugar
- 1 Tbsp Better 'N Peanut Butter
- 1 Tbsp ground flax
- ¼ tsp imitation coconut extract
- 1¼ cups ice cubes

DIRECTIONS

In a blender container, combine all ingredients except ice cubes.

Blend until smooth

Add ice cubes through feed tube, one at a time, until thick and smooth.