THE LIGHTER PLATE METHOD

Cherry & Almond Smoothie

Tastes like a cherry bakewell in a glass, with none of the heaviness.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 200 g frozen black cherries
- 300 ml almond milk
- 2 tbsp almond butter
- 1 banana
- 0.5 tsp vanilla extract
- 1 handful ice

Method

1. Put the almond milk, almond butter, banana and vanilla into the blender.
2. Add the frozen cherries and ice on top.
3. Blend on high for 45 seconds, scraping down once if the cherries stick.
4. Pour into two glasses.

Tips & swaps

- Frozen cherries are cheaper than fresh, available all year and do the work of the ice as well. A drop of almond extract instead of vanilla pushes it further towards bakewell tart.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
240	**5g**	**30g**	**11g**	**5g**

Estimated values, for guidance only. Contains: Tree nuts (almonds).