

Breakfast | Snack

# Cherry Almond Smoothie

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**1**  
Serving

 **289** Calories   **10g** Fat   **50g** Carbs   **6g** Protein

## Ingredients

 **1 Serving**    **5 Mins** Total Time    **Allergens: Nuts**

1 Banana 

1 Cup Frozen Cherries 

1 Tbsp Creamy Almond Butter 

1 Tsp Vanilla Extract

$\frac{1}{4}$  Tsp Almond Extract

$\frac{1}{2}$  Cup Vanilla, Unsweetened Almond Milk

### Allergen Swap

**Nuts** This recipe cannot be made without nuts



### Nourishment Note



#### **Banana**

Bananas are rich in potassium, an electrolyte that may become low if experiencing chronic diarrhea.



#### **Soft Foods**

Mouth sores are common in individuals who are HIV+. Choosing soft foods, like this smoothie, may make eating less painful.



#### **Cherries**

Cherries are rich in polyphenols and vitamin C, both of which can promote better health by acting as antioxidants and anti-inflammatories in the body.



#### **Almond Butter**

Almond butter is rich in healthy fats. Eating a balanced diet, rich in healthy fats, may help to prevent HIV associated weight loss.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Blend Ingredients

Place all ingredients in a blender and blend until smoothie reaches desired consistency. Pour into a cup and enjoy!

### 3. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Measuring Cups



Measuring Spoons



Blender



Cup

### Fatigue Buster

- Portion out and freeze cherries, almond butter and banana together in zip-top bags. Simply add to blender with wet ingredients when you want to make a smoothie