

Cherry Lemon Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Cherries (pitted, fresh or frozen)
1/2 cup Frozen Cauliflower
1 Banana
1 1/2 cups Water
1 tbsp Lemon Juice

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 174 | Carbs | 44g |
| Fat | 1g | Protein | 4g |