



## Cherry Almond Super Smoothie

This is a Nutritious Habits client favorite! A quick and delicious meal replacement or substantial snack. It contains a balanced ratio of protein, fats, carbs and fiber from whole foods to keep you full, energetic and to avoid blood sugar spikes.

Jamba Juice-style smoothies are high in fructose and low in protein, fats and vegetables. Whole fruit is healthy but best consumed alongside proteins, fats or both so it doesn't spike blood sugar. Constantly high blood sugar leads to insulin resistance, which leads to fat storage and even diabetes over time.

Almond extract lends a natural sweetness to this smoothie and is an outstanding complement to cherries. Cinnamon balances bitterness in greens. Most to least bitter for greens: kale, power mix, spinach, spring mix.

Vanilla protein powder should offer 20-30 grams of protein per scoop. Look for a clean label with ingredients you can pronounce. Avoid those sweetened with sugar alcohols like erythritol or manitol as they can cause gut distress. Stevia, monk fruit or coconut sugar are better choices. Good choices for grass-fed whey (most complete, best absorbed for muscle building and recovery) include Muscle Feast, Levels, Naked and Blue Bonnet. Whey isolates are great if you struggle to digest dairy. For plant-based, Vega Sport, Ascent or Ora.

SERVES 2

### Ingredients:

2 scoops vanilla protein powder	Few drops of almond extract
1 banana, preferably frozen chunks	½ tsp cinnamon
1 cup frozen cherries	1 cup coconut water or other liquid
2 T almond butter (or equivalent in whole almonds)	2 cups baby greens or 2 scoops greens powder

### Method:

- Add all ingredients in a blender and blend for about a minute.