

Cherry Berry Smoothie Bowl

**Servings: 2**

1 cup frozen cherries

1 cup frozen blueberries

1 banana, sliced

3/4 cup milk

To a blender add cherries, blueberries, banana, and milk. Blend until smooth.

Pour into bowls and top with desired toppings.

Serve

Per Serving (excluding unknown items): 187 Calories; 4g Fat (18.0% calories from fat); 5g Protein; 37g Carbohydrate; 5g Dietary Fiber; 9mg Cholesterol; 42mg Sodium; 26g Total Sugars; trace Vitamin D; 123mg Calcium; 1mg Iron; 484mg Potassium; 112mg Phosphorus. Exchanges: .