

Cherry Chocolate Almond Smoothie

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We all want to believe that chocolate can be healthy. But [SPE Certified's](#) Natalia Hancock has a new recipe to incorporate everyone's favorite item into a filling, delicious smoothie that is actually good for you. With chia seeds, protein powder, and almonds, the smoothie packs a punch on the nutrition side while incorporating cocoa powder and cherries for some sweetness without any added sugar.

Watch the video above to see Hancock explain the virtues of this chocolate concoction or follow the recipe below!

Chocolate Cherry Almond Smoothie

Blend the following ingredients:

- 1 cup cherries, frozen and pitted
- 3/4 cup almond milk, unsweetened
- 1/2 teaspoon chia seeds
- 1 tablespoon almonds, raw
- 1 scoop (24g) protein powder
- 1 tablespoon unsweetened cocoa powder
- 2 drops almond extract

Nutrition: 301 calories, 19g protein, 12g Fat, 2g Sat Fat, 380mg Omega 3, 40g Carb, 11g Fiber, 199mg Sodium, 916mg Potassium