

Cherries & Cinnamon

Recovery Shake

Makes one 16 oz shake

When I was growing up, no-bake cherry cheese cakes were reserved for only the most special occasions. I loved to pick the last few cherries out of the filling can. So unhealthy, but so delicious! Tart cherry juice takes me back to that cherry filling every time. This shake is so simple, yet so good for you. Tart cherries are great pain reducers and cinnamon has been shown to help relieve joint pain.

Ingredients:

6 oz pure tart cherry juice (read the ingredients)
1/4 tsp ground cinnamon
Vanilla protein powder (use enough to get 20 grams of protein)
8 oz ice

Directions:

Place ingredients in a blender and blend until smooth.

Nutrition (per 16 oz serving): 215 cal, 30 g carb, 0 g fiber, 21 g protein, 2 g fat, 640 mg sodium, 6% DV iron