



Black Forest Smoothie

Linda Roderigues, ND
Serves 1

- 1/4 cup Nuts (cashews, walnuts, almonds, etc.)
- 1 tbsp Lecithin granules (optional, not a raw ingredient)
- 1/4 to 1/2 cup Water as needed
- 1 large frozen Banana, sliced
- 1 cup frozen ripe Bing Cherries
- 1/4 to 1/2 cup additional Cold Water or as needed for consistency
- 1 tsp raw sweetener (Honey, Agave or 1/4 tsp powdered Stevia,) or as needed to taste

Grind nuts to a powder in blender.

Add lecithin (if using).

Add enough water to cover blades of blender and blend until smooth.

Add frozen banana slices, frozen cherries and just enough water to blend.

Blend until smooth & creamy.

Taste for sweetness and add sweetener if necessary for taste.

Scrape into tall glass and drink immediately.

Note: Sweetness of fruit will determine whether you need to add sweetener (most often I don't need to add any).

