



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[Facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

YourBodyCanTalk2@gmail.com

www.YourBodyCanTalk.com

Black Cherry Smoothie

- ½ cup Probiotic Yogurt (soy or other)
- ½ cup Vanilla Soy Milk
- 1 Banana
- ½ cup Unsweetened Black Cherry Juice
- ¼ cup Black Cherries
- ¼ cup Cashews or Chia Seeds, ground
- ½ Tsp Lemon Juice
- Honey or Sweetener (to taste, optional)



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1. Put the yogurt, soy milk, banana, and sweetener (if using) into the blender, and process until liquified.
2. Add the cherries and juices and blend on low until smooth and creamy.

Makes one large or 2 regular sized servings.

Tip: Garnish with dollop of yogurt and 2 or 3 cherries with a mint leaf.