



COOK TIME: 5 MIN

PREP TIME: 2 MIN



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Ingredients

- 8 ounces tart cherry juice
- 1 cup frozen mixed berries
- 6 ounces yogurt of choice
- Ice, if needed

Cherry Sweet-Tart Smoothie

Directions

1. Place all ingredients into a blender and blend until smooth. If smoothies are too thick to blend, add more liquid until desired texture is reached.

Tart cherries are often used to help decrease inflammation, due to their high-antioxidant capacity.⁹ They can also taste, well...tart. But when you mix them with sweet berries, they become a refreshing sweet treat.

Yield: 1 large serving or 2 small servings

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

References

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3. Borenstein S, et al. *Lancet*. 1974;2(7872):63-66.
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5. Barreca D, et al. *Nutrients*. 2020;12(3):672.
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7. Gupta SC, et al. *Clin Exp Pharmacol Physiol*. 2012;39(3):283-299.
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