

nutty cherry chocolate nice cream

Makes 1 serving

PREP TIME: 3 minutes

- 1 cup frozen cherries, preferably organic
 - 1 Tbsp almond butter
 - 1 tsp cacao nibs
 - 1 tsp shredded unsweetened coconut
 - ½ scoop plain protein powder or collagen peptides, such as Tera's Whey Grass Fed Organic Whey Protein Plain or Vital Proteins Collagen Peptides
 - Splash of milk of choice (about 1 Tbsp)
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ADD ingredients to a blender or food processor and blend.

SCRAPE sides as needed and add additional milk to reach desired consistency. (I like mine chunky, so I don't use much milk.)

NOTES

- **Keep it simple! Don't want to deal with the blender? This recipe tastes equally good when milk and protein powder are omitted and the remaining ingredients are simply mashed together with a spoon in a mug.**
- **Doubling, tripling or quadrupling the recipe may make blending easier. Freezes well.**