Superfood Cherry Vanilla No-Milk Shake

Ivy Larson - "Clean Cuisine"
Palm Beach Post

Servings: 2

1 cup frozen pitted cherries
1/4 cup raw macadamia nuts
1/2 banana, cut into chunks
1/4 cup dried gogi berries (or white raisins)
1 teaspoon pure vanilla extract
1 cup water
6 to 8 ice cubes

Place all of the ingredients except the ice in a high-powered blender. Process until smooth and creamy.

Add the ice and process again.

Drink ice cold.

Per Serving (excluding unknown items): 27 Calories; trace Fat (4.2% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	27
% Calories from Fat:	4.2%
% Calories from Carbohydrates:	91.8%
% Calories from Protein:	4.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	6mg
Potassium (mg):	117mg
Calcium (mg):	5mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0

Iron (mg):	trace	**Fat:**	0
Zinc (mg):	trace	**Other Carbohydrates:**	0
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	24IU		
Vitamin A (r.e.):	2 1/2RE		

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 27	Calories from Fat: 1
	% Daily Values*
Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	3%
Protein trace	
Vitamin A	0%
Vitamin C	4%
Calcium	1%
Iron	1%

** Percent Daily Values are based on a 2000 calorie diet.*