



Creative Juices
Consulting

24 Hours of Booty 2014

Dark Chocolate Covered Cherry Smoothie, Booty Style

2 cups organic spinach
3 cups sweetened vanilla coconut milk
12 ounce bag frozen cherries
2 bananas
1 tsp cinnamon
2 Tbsp unsweetened dark chocolate powder
1 Tbsp local honey
Dash of ground cayenne pepper
Ice

Place all ingredients in VitaMix® and blend until smooth. This version of my popular Dark Chocolate Covered Cherry drink was developed during 24 hours of Booty. It evolved when I mistakenly picked up the cayenne pepper instead of the cinnamon...Everyone LOVED it...but just a dash.