



Pomegranate Power Smoothie

INGREDIENTS (serving size: 4)

- 1 cup fat-free milk
- ½ cup vanilla non-fat Greek yogurt
- 1 cup frozen peach slices
- ½ cup frozen dark sweet cherries
- ½ banana, sliced
- 1 cup pomegranate juice
- 2 ice cubes
- 2 medjool dates, pitted
- ½ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 2 tablespoons pomegranate seeds (optional)

NUTRITION INFORMATION: 175 Calories; 0 grams Fat; 0 grams Saturated Fat; 1 mg Cholesterol; 56 mg Sodium; 40 grams Carbohydrates; 3 grams Fiber; 34 grams Sugar; 6 grams Protein

DIRECTIONS

1. Place fat-free milk, yogurt, peach slices, cherries, banana slices, pomegranate juice, ice, dates, ground cinnamon and vanilla extract in blender. Blend on high until smooth. Divide between four glasses and top with pomegranate seeds (optional)