



Flourishing Kitchen

## Cherry Almond Milkshake Recipe

Raw. Vegan. Gluten-free.

Prep Time: 5 mins | Total Time: 5 mins

Serving size: 2 cups

### Recipe Ingredients:

1 cup almond milk  
1 cup cherries (de-stoned)  
1 pitted date

### You Will Need:

blender  
2 glasses for serving

### Recipe Directions

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1. Place the ingredients into your blender and blend until smooth.
2. Pour into glasses to serve



### Recipe Notes

If you prefer a thicker milkshake then try adding a few slices of frozen banana or 2 small frozen cauliflower florets to your recipe before blending. Or you could add a couple of tablespoons of hemp seeds instead which will add some plant based omega 3. Any of these ingredients will increase the nutrients of your milkshake too.

This recipe is also delicious made with frozen cherries and a drop or two of vanilla extract.