

Cherry burst smoothie

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Don't be fooled by their small stature, these super-charged stone fruits are bursting with more than just luscious flavour.

Ingredients (serves 1)

- 1 cup soy, [almond](#) or coconut milk
- ¼ cup frozen berries
- 1 cup cherries
- 1-2 fresh dates / 1tbs [honey](#)
- 1 cup ice

Method

Place all ingredients in a blender and blend until smooth.

NEXT: [Cherry, wild rice and quinoa salad](#)

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