

# Anti-Inflammatory Cherry Amaretti Smoothie



My dietician taught me something really cool: tart cherries have strong anti-inflammatory properties. Like, as strong as ibuprofen. I thought she might be spouting some nutty new age hippy nonsense, so I researched it, and she was right- tart cherries have TONS of health benefits and there is actually a lot of good science to back it up!! Good news for all us cherry lovers out there!

According to [www.choosecherries.com](http://www.choosecherries.com), tart cherries ease post-workout soreness, fight inflammation related to arthritis and gout, promote sleep and reduce risk of heart disease. They recommend drinking tart cherry juice twice per day to get

these benefits.

Tart cherry juice isn't the most flavorful thing in the world, so drinking it straight twice a day can get old. I got the concentrate pretty early on after discovering it, because then you only have to take a tablespoon of it instead of a whole cup. The concentrate tastes pretty good mixed in to yogurt, juice, and it's amazing in smoothies.

This cherry amaretti smoothie is one of the best tasting smoothies I've ever made, and it's chock full of nutrients. It's a perfect workout recovery smoothie, meal replacement, or arthritis/gout remedy. Give it a try!

#### Anti-Inflammatory Cherry Amaretti Smoothie

- 1 cup frozen tart cherries
- 1 T tart cherry juice concentrate
- 1 cup vanilla Greek yogurt OR 1 serving vanilla protein powder
- 1 handful spinach
- 1.5 cups unsweetened vanilla almond milk
- 1 T almond butter
- 1/4 t almond extract
- brown sugar to taste

Place all ingredients in blender and blend until smooth. Serve immediately.