

CHERRY COFFEE CARDAMOM SMOOTHIE

SERVES 2

PREP TIME:
5 MINUTES

1½ cups (232.5 g) frozen cherries
¾ cup (125 ml) cold brew
¾ cup (185 ml) coconut milk
¼ cup (60 ml) cold chicken bone broth
¾ teaspoon ground cardamom or seeds of 2 green cardamoms, crushed (Stage 1)
1 teaspoon (5 ml) vanilla extract
Pinch Himalayan pink salt
2 tablespoons (10 g) grass-fed collagen (optional)
4 ice cubes

This is a delicious way to get your daily coffee fix. Cherries, coffee, and cardamom are all rich sources of antioxidants, and coconut adds the healthy fat, which will keep you going until your next meal. This smoothie is also a different way to get in some gut-healing broth, or sneak it in **undetected!**

Put the cherries, cold brew, coconut milk, broth, cardamom, vanilla, salt, collagen (if using), and ice cubes in a blender. Blitz until smooth. Add more liquid as needed.