



AMERICAN DAIRY
ASSOCIATION NORTH
EAST

Cherry Vanilla Smoothie

Ingredients

- | | |
|---------------------------|------------------------------|
| 2 cups milk | 2 tablespoon ground flaxseed |
| 1 1/2 cup frozen cherries | 1 teaspoon vanilla extract |
| 1/2 cup Greek yogurt | 1/2 cup tart cherry juice |
| 4 tablespoons rolled oats | |

Preparation

Place all ingredients listed in order into a blender and combine to desired consistency.



Scan the
QR code for
the recipe.



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