



## **Black forest smoothie**

<https://youtu.be/4SE35nbVO-M>

Although it sounds decadent, cherries and chocolate are packed with antioxidants to give you an early-morning energy kick!

Serves 4

*Recipe by Katelyn Williams*

### **Ingredients :**

- 2 cups fat-free plain yoghurt
- 3/4 cup ice
- 1 cup pitted frozen (or fresh) cherries
- 1 tbsp cocoa powder
- 1 tbsp chopped 70% dark chocolate
- 1 sachet of Selati sweetener or Selati sugar, to taste
- ½ tsp vanilla extract
- Extra cherries and dark chocolate, to garnish
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### **Methods :**

Place the yoghurt, ice, cherries, cocoa powder, dark chocolate, Selati sweetener and vanilla in a blender and blend until smooth.

Pour into glasses, garnish with extra cherries and chocolate shavings.

To make chocolate shavings, run a vegetable peeler along the side of the slab of chocolate.