

## Cherry Pain Buster Smoothie

Research shows tart cherries repair muscle damage, alleviate soreness, and even [help you get a good night's rest](#) (they contain the sleep hormone melatonin). And turmeric also acts as an anti-inflammatory, easing muscle and joint aches.

### **Ingredients:**

1 tsp	Ginger
1 tsp	Turmeric
2 tsp	Stevia
½ Cup	Tart Cherry Juice
1 Scoop	Vanilla Protein, Driven
¼ Cup	Frozen Pineapple
½ Cup	Frozen Blueberries
½ Cup	Water

### **Directions:**

Blend all ingredients until smooth!

### **Nutrition Facts:**

Servings: 1

Serving size: 8 oz

Cherry Pain Buster Smoothie		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 full recipe</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>280.9</b>	
	% Daily Value*	
<b>Total Fat</b>	1.9 g	2 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
<b>Cholesterol</b>	2.5 mg	0 %
<b>Sodium</b>	127.1 mg	6 %
<b>Total Carbohydrate</b>	40.9 g	15 %
Dietary Fiber	4.6 g	16 %
Total Sugars	30.4 g	
Added Sugars	- g	- %
<b>Protein</b>	25.5 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	138.1 mg	11 %
<b>Iron</b>	3.1 mg	17 %
<b>Potassium</b>	517 mg	11 %
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>