

Choco-Cherry Smoothie

Everybody loves chocolate—chocolate-covered cherries, chocolate-covered peanuts, chocolate ice cream. This luscious smoothie swirls all these flavors together into a smooth, creamy dessert drink. Seemingly decadent, sweet canned fruits offer convenient nutrition – with a simple way to fit more fruit into your day.

Ingredients:

1 can (15 ounces) dark sweet cherries in syrup
1 can (15 ounces) apricots in juice
1 1/2 cups chocolate ice cream or frozen yogurt
1/2 teaspoon cinnamon
2 tablespoons chopped peanuts
Cinnamon stick, for garnish (optional)

Preparation:

Whirl the cherries, apricots, ice cream and cinnamon in a blender, just until smooth. Add peanuts; blend 5 seconds more. Serve immediately in tall glasses. Garnish with a cinnamon stick, if desired.

Another serving option: serve the smoothie as a chilled dessert soup in a small bowl or stemmed glass.

Servings: 4

Nutritional Information Per Serving: Calories 240; Total fat 4g; Saturated fat 1g; Cholesterol 5mg; Sodium 55mg; Carbohydrate 48g; Fiber 5g; Protein 5g

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