



# The Wholeness Chef

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## **Cherry Walnut Smoothie**

*I really like this recipe – one it tastes really good – but it's a good recipe for people of all ages. It's a wonderful breakfast to send off kids to school with. It's high in protein, fiber and antioxidants. This recipe is also great for improving brain health. Enjoy!*

– Dr. Mary Rondeau | The Wholeness Chef

### **Ingredients:**

1/4 cup Walnut pieces  
1/2 cup frozen or fresh Cherries (or Blueberries)  
2 Tbsp Hemp Seeds  
1 Tbsp Ground Flaxseed  
1 medium Banana  
1/8 Tsp Ground Cardamom  
1 cup Organic Unsweetened Almond, Coconut or Organic Milk

### **Directions:**

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Drink immediately.