

# Whimn body+soul

HEALTH NUTRITION DIET FITNESS MIND & BODY BEAUTY RELATIONSHIPS

  Login / Register

NUTRITION  HEALTHY RECIPES

## *Lush Cherry and Coconut Smoothie recipe from The Healthy Chef Teresa Cutter*

Tastes like dessert

 JUNE 17, 2016 6:25PM



Tastes like dessert

Cherries are packed with the antioxidants that support the immune system. They're also high in melatonin, which has a calming effect on the nervous system. Young coconut water acts like an electrolyte that hydrates and boosts circulation. Adding a scoop of protein to this smoothie will also help your body rejuvenate.

### Ingredients

- 150g frozen pitted cherries
- 1 handful frozen raspberries
- 1 1/2 cups coconut water
- 2 tbs protein powder
- 1 tbs goji berries

MORE IN HEALTHY RECIPES ^



High-protein CSIRO black bean brownies to bake this weekend



This cumin-roasted cauliflower and mango salad will keep you full for hours



Whip up these vegan mango chocolate bars with 4 ingredients



Celebrate World Vegan Day with this healthy salt and pepper 'kalamari'

Tip: Add 1 tbs of coconut yoghurt for a creamier smoothie.

This is an edited extract from The Healthy Chef: Purely Delicious by Teresa Cutter (\$69.95, [The Healthy Chef](#))



Don't miss:

>>[The dos and don'ts of breakfast](#)

>>[Chocolate Mud Breakfast Bowl: Healthy breakfast recipe from Bondi Harvest](#)

>>[10 tasty and healthy egg recipes](#)

Want more? Find us on [Facebook](#), [Twitter](#), [Instagram](#) and [Pinterest](#)



### Canada's best two-for-one holiday

Ontario in summer is a dream. It's full of exciting cities, beautiful forests and a relaxing waterside culture. However, it also has another big trick up its sleeve.

SPONSORED



MORE IN HEALTHY RECIPES ^



High-protein CSIRO black bean brownies to bake this weekend



This cumin-roasted cauliflower and mango salad will keep you full for hours



Whip up these vegan mango chocolate bars with 4 ingredients



Celebrate World Vegan Day with this healthy salt and pepper 'kalamari'

### Heading to Singapore? Here's where you'll want to stay

Promoted | International Traveller

### Incredible \$99 Smartwatch is Taking Australia By Storm

Promoted | eWatch

### Baby Has Never Eaten Sugar Or Carbs. Wait Till You See Her Today

Promoted | SoGoodly



**Alcohol. Delivered. Fast.**

FOLLOW US



ADVERTISE



ABOUT US



PODCASTS



NEWSLETTERS



Legal: [Privacy Policy](#) | [Relevant Ads Opt-Out](#) | [Cookie Policy](#) | [Terms & Conditions](#)

A NOTE ABOUT RELEVANT ADVERTISING: We collect information about the content (including ads) you use across this site and use it to make both advertising and content more relevant to you on our network and other sites. [Find out about our policy and your choices, including how to opt-out.](#)