

Trim Healthy  
W I S D O M

## Dark Chocolate Cherry Yuck Yum (E or XO)

*(S - This one is on my favorite list!)*

Single Serve

### INGREDIENTS:

- 1 cup *Home Fermented Kefir*  
(for baby-sized version)  
1½ cups (for medium-sized version)
- ½ cup frozen cherries (pitted)
- 2 Tbs unsweetened dark cocoa powder
- 2 Tbs [TH Baobab Boost Powder](#)
- 2½ - 3 Tbs either [TH Chocolate or Vanilla Optimized Whey Protein Powder](#)  
(or if you prefer less sweet, you can sub  
½ that amount with  
[TH Pristine Whey Protein Powder](#) or  
[TH Optimized Plant Protein Powder](#))
- [TH Pure Stevia Extract Powder](#) (optional; to taste)



### Optional Add-Ins:

- 3 - 4 Tbs L. Reuteri Yogurt (or Super Quark for even more protein)
- ⅓ - ½ serving [TH Integral Collagen](#) or [TH Optimized Collagen](#) or bone broth protein powder
- whole flax or chia seeds (keep the amount small if choosing an E)

### INSTRUCTIONS:

1. Blend the baby-size smoothie ingredients in a small glass with an immersion blender, which may keep the cherries a little chunky, but that's kind of nice. Alternatively, use a regular blender. Top with optional toppings if desired.