

# Cherry Chocolate Protein Smoothie

Here are **three variations** of a **Cherry Chocolate Protein Smoothie**, tailored for **vegan, vegetarian, and carnivore diets**, while keeping them **PCOS-friendly, high in protein, high in fiber, and low in carbs**. 🍌🍒🍫

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## 🌱 Vegan Cherry Chocolate Protein Smoothie

(30g protein | High fiber | Low carb | PCOS-friendly)

### 🥣 Ingredients:

- 🥛 1 cup **unsweetened almond, coconut, or soy milk**
- 🍒 1 cup frozen cherries
- 🥑 ¼ avocado (frozen)
- 🥜 1 tbsp almond or peanut butter
- 🌿 1 cup baby spinach
- 🍦 1 tsp vanilla extract
- 🍌 1-2 scoops **hydrolyzed fermented vegan chocolate protein powder, pea, or hemp protein powder**

### 📝 Directions:

- 1 Add all ingredients to a blender.
- 2 Blend until smooth.
- 3 Enjoy immediately! 🥤❄️

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## 🧀 Vegetarian Cherry Chocolate Protein Smoothie

(30g protein | High fiber | Low carb)

### 🥣 Ingredients:

- 🥛 1 cup **unsweetened almond, coconut, soy, or dairy milk**
- 🍒 1 cup frozen cherries
- 🥑 ¼ avocado (frozen)
- 🥜 1 tbsp almond or peanut butter
- 🌿 1 cup baby spinach
- 🍦 1 tsp vanilla extract
- 🍌 1-2 scoops **Simply Tera's chocolate whey protein isolate**







 **Directions:**

- 1 Add all ingredients to a blender.
  - 2 Blend until smooth.
  - 3 Enjoy immediately!  
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 **Carnivore Cherry Chocolate Protein Smoothie**

(30g protein | High fiber | Low carb)

 **Ingredients:**

-  1 cup **unsweetened almond milk, coconut milk, or heavy cream**
-  1 cup frozen cherries (optional for flavor)
-  ¼ avocado (frozen)
-  1 tbsp almond or peanut butter
-  1 tsp vanilla extract
-  1-2 scoops **chocolate Simply Tera's whey or Vital Proteins collagen peptide**

 **Directions:**

- 1 Add all ingredients to a blender.
  - 2 Blend until smooth.
  - 3 Enjoy immediately!  
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Each version is **simple, quick, and packed with nutrients** to help support **PCOS health, hormone balance, and energy levels!** ⚡❤️ Which one will you try first? 😊