

# Very Cherry Shake, by Kelly Pomeroy

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1 c. cashews (soaked 30 minutes or more)  
2+ c. tart cherries pitted, frozen or fresh  
3 medjool dates pitted  
¼ c. honey or to taste  
2 c. almond milk unsweetened  
1-2 c. ice  
2 T. cocoa or cacao powder (optional)

Add all ingredients in a blender and mix until smooth. For thicker shakes, add more ice. Soooo yummy!

