



## Cherry Cashew Bliss Smoothie

(Anticancer Recipe)

Taken from Charlene Bollinger [www.thetruthaboutcancer.com](http://www.thetruthaboutcancer.com)

Prep Time 15 mins

### Ingredients

- 1 ½ cups Organic Fresh Black Cherries, pitted (substitute w/organic cherries if black cherries are not available)
- Pinch of Pink or sea salt and fresh ground black pepper
- ¼ cup Untoasted cashews, soaked in filtered water for 1 hour
- 1 teaspoon Moringa powder
- 1 teaspoon Black chia seeds
- 1 teaspoon Goji Berries
- ½ teaspoon Ground Ceylon or Regular Cinnamon
- Juice of ½ Orange Freshly Squeezed
- ¾ cup Spring or Filtered Water
- ½ Banana



### Instructions

1. After soaking, drain the cashews and place in a blender with the remaining ingredients in the order listed. It's best to squeeze the orange just before pouring it into the blender. If desired you can remove the peel and put the segments in the blender whole instead of just the juice.
2. Blend the ingredients on slow speed for ten seconds and then on high until a smooth consistence is obtained (about 45 seconds).
3. Pour into glasses and **ENJOY!!!**

### Notes

The black pepper enhances the absorption of nutrients significantly but does not interfere with the taste. A dash of high-quality salt adds important minerals to the mix and enhances the combined flavors.