



Cherry Bliss Smoothie

The First Sip That Stole My Heart

I still remember my first Cherry Bliss Smoothie. It was a sticky summer afternoon. The first sip was like biting into a ripe cherry, but creamier. The almond extract added a cozy, nutty hug. **Ever wondered how two frozen fruits could taste like dessert?** Now, I make it weekly. It's my go-to when life feels too busy. Try it—you might just fall in love too. What's your favorite summer sip? Share below!

My Cherry Smoothie Disaster (And Why It Worked)

My first try was messy. I forgot to pit the cherries. The blender groaned like a tired bear. But the taste? Magic. **Mistakes remind us that cooking is about joy, not perfection.** Home cooking connects us to

simple pleasures. Even a bumpy start can end sweet. Have you ever salvaged a kitchen oops? Tell me your story!

Why This Smoothie Feels Like a Hug

- The frozen banana makes it velvety, like melted ice cream. - Almond extract adds warmth, like a cozy blanket. **Which flavor combo surprises you most?** Cherries and almond? Or banana and cherry? I'd pick both. It's a tiny luxury in a glass. Perfect for busy mornings or lazy afternoons.

A Sip of History

Smoothies date back to 1930s health food shops. But cherries? They've been loved since ancient Rome. *Did you know almond extract was once a luxury for royalty?* This drink mixes old-world charm with modern ease. It's a toast to simple, timeless flavors. What's your favorite food with a fun history? Let's chat!



Cherry Bliss Smoothie

Ingredients:

Ingredient	Amount	Notes
Almond milk	1/2 cup	
Frozen cherries	1 cup	
Frozen banana	1/2 cup	
Almond extract	1/4 teaspoon	

How to Make Cherry Bliss Smoothie

Step 1

See also The Ultimate Guide to Perfect Hard Boiled Eggs
Gather all your ingredients before starting. This saves time and avoids mid-blend panic. Frozen fruit works best for a thick texture. Almond milk adds creaminess without dairy. (Hard-learned tip: Freeze bananas in chunks for easier blending.) **Step 2** Add everything to the blender in the order listed. Almond milk goes first to help blend smoothly. Frozen cherries and bananas come next. A dash of almond extract boosts flavor. **Step 3** Blend on high until silky and lump-free. Stop and scrape sides if needed. Pour into a tall glass right away. Enjoy cold for the best taste. **What's your favorite smoothie add-in? Share below!** **Cook Time:** 5 minutes **Total Time:** 10 minutes **Yield:** 1 serving **Category:** Breakfast, Snack

3 Fun Twists on Cherry Bliss

Chocolate Cherry Add 1 tbsp cocoa powder for a rich twist. Perfect for dessert lovers. **Tropical Cherry** Swap banana for frozen mango. Adds a sunny, tangy kick. **Protein Power** Mix in 1 scoop vanilla protein

powder. Great after workouts. **Which twist would you try first? Vote in the comments!**

Serving & Sipping Ideas

Top with granola for crunch or fresh mint for freshness. Pair with toast or yogurt for a full meal. Drink it with iced green tea or a cherry mimosa. Both complement the fruity flavors well. **Which would you choose tonight?**



Cherry Bliss Smoothie

Keep It Fresh or Freeze It

This smoothie tastes best right after blending. If you must store it, fridge it for up to 24 hours. Stir well before drinking—it separates a bit. Freezing? Pour leftovers into ice cube trays. Blend cubes with a splash of almond milk later. *Fun fact: Frozen smoothie cubes make great popsicles for kids.* Batch-cooking tip: Pre-measure cherries and banana in bags. Grab, blend, go! Why this matters: Prepping saves busy mornings. Ever tried freezer smoothie packs? Share your hack below!

See also [Quick Homemade Sausage Gravy for Breakfast](#)

Smoothie Troubles? Fix It Fast

Too thick? Add almond milk a tablespoon at a time. Too thin? Toss in extra frozen fruit or ice. Almond extract too strong? Use half the amount next time. Why this matters: Small tweaks make big flavor wins. My neighbor once added vanilla instead of almond extract—still delicious! Got a smoothie fail turned win? Tell us! Which fix do you use most often?

Your Questions, Answered

Q: Is this gluten-free? A: Yes, all ingredients are naturally gluten-free.

Q: Can I make it ahead? A: Blend fresh for best taste, or freeze ingredients separately.

Q: What swaps work? A: Try oat milk or yogurt instead of almond milk.

Q: How to double the recipe? A: Double all ingredients, but blend in batches if needed.

Q: Missing cherries? A: Use mixed berries—they're just as sweet and tangy.

Sip, Smile, Share

This cherry bliss is my go-to summer refresher. I love hearing your twists on it! Tag **Savory Discovery on Pinterest** with your creations. Did your kids or friends rave about it? Happy cooking! —Elowen Thorn.

SAVORYDISCOVERY.COM

CHERRY BLISS SMOOTHIE





Cherry Bliss Smoothie





[Print Recipe](#)

Cherry Bliss Smoothie

Author: Elowen Thorn

Cooking Method: [Blending](#)

Cuisine: [American](#)



Courses: [Breakfast](#) [Snack](#)

Difficulty: **Beginner**



Prep time: **5 minutes**

Cook time: **minutes**



Rest time:



Total time: **5 minutes**



Servings: **1 servings**



Calories: **250 kcal**

Best Season: **Summer**

Description

Experience the delightful blend of flavors with this Cherry Bliss

Smoothie, featuring frozen cherries, banana, and almond extract.

Ingredients

- ☐ 1/2 cup almond milk
- ☐ 1 cup frozen cherries
- ☐ 1/2 cup frozen banana
- ☐ 1/4 teaspoon almond extract

Instructions

1. Add ingredients to blender: Add 1/2 cup almond milk, 1 cup frozen cherries, 1/2 cup frozen banana, 1/4 teaspoon almond extract and any optional ingredients into the blender.
2. Blend: Blend until smooth and serve.

Notes

For added creaminess, use Greek yogurt or a scoop of protein powder.

Keywords: Smoothie, Cherry, Banana, Almond, Breakfast
See also Slow Cooker Peach Bread Pudding