

# Tropical Coconut Water Smoothie



PREP TIME

5 mins



COURSE

Gluten Free, Shakes



SERVINGS

1 serving

CALORIES

323 kcal

## INGREDIENTS

- 1 cup kale
- 1 cup coconut water
- 1/2 medium orange
- 1/2 cup pineapple
- 1/2 medium banana
- 1 scoop Tru Protein Vanilla or similar vegan protein powder

## INSTRUCTIONS

1. Put all ingredients in a blender and blend until smooth adding water until reaching the desired texture.
2. You may use fresh or frozen fruit.

## NUTRITION

## Nutrition Facts

Tropical Coconut Water Smoothie

### Amount Per Serving

<b>Calories</b>	323	Calories from Fat	32
<b>% Daily Value*</b>			
<b>Fat</b>	3.5g		5%
<b>Carbohydrates</b>	51g		17%
<b>Protein</b>	27.3g		55%

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!