

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

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



Tried this recipe?
Let us know how it was!