

# Orange Banana Coconut Smoothie



## PREP TIME

5 mins

## TOTAL TIME

5 mins



## COURSE

Dessert, Shakes, Snacks



## CALORIES

280 kcal

## EQUIPMENT

- 1 blender

## INGREDIENTS

- 1 c fresh or frozen spinach
- $\frac{3}{4}$  c coconut water
- $\frac{1}{2}$  medium lemon peeled
- $\frac{1}{2}$  medium banana
- 1 medium orange
- 1 scoop vanilla protein powder

## INSTRUCTIONS

1. To make in advance, in EACH of seven small Tupperware or Ziplock-style bags, place:
2. To assemble, dump the contents of one Tupperware or Ziplock into a blender.
3. Add  $\frac{3}{4}$  c coconut water and ice cubes (to desired texture).
4. Blend until smooth.

NUTRITION

Nutrition Facts

Orange Banana Coconut Smoothie

Amount Per Serving	
Calories 280	Calories from Fat 27
% Daily Value*	
Fat 3g	5%
Carbohydrates 43g	14%
Protein 25g	50%

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!