

# 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!