

## **⊘** ■ 1. Chocolate Coconut Smoothie

### **Ingredients:**

- 1 cup coconut milk (or any milk)
- 1 frozen banana
- 2 tbsp cocoa powder
- 2 tbsp shredded coconut
- 1 tbsp honey or maple syrup
- A handful of ice cubes

#### **Instructions:**





# **2.** Chocolate Banana Coconut Smoothie

## **Ingredients:**

- 1 cup coconut water
- 1 ripe banana
- 1 tbsp cocoa powder

- 2 tbsp Greek yogurt or coconut yogurt
- 1 tbsp almond butter (optional)
- Ice cubes as needed

#### **Instructions:**

Blend until silky smooth. Perfect for a quick breakfast or snack!



## **2 2 3 3 .** Coconut Chocolate Protein Smoothie

#### **Ingredients:**

- 1 cup coconut milk
- 1 scoop chocolate protein powder
- 1 tbsp shredded coconut
- 1 tbsp chia seeds
- 1 tsp vanilla extract
- Ice cubes

#### **Instructions:**

Blend all ingredients until smooth and creamy. Great for post-workout fuel!

Want me to help you make a **recipe card**, or suggest more smoothie combos?

#### You said:

straberru

ChatGPT said:

Looks like you meant **strawberry** — here are some tasty strawberry smoothie recipes that blend perfectly with chocolate and coconut!



## 1. Strawberry Coconut Chocolate Smoothie

#### **Ingredients:**

- 1 cup fresh or frozen strawberries
- 1 cup coconut milk
- 1 tbsp cocoa powder
- 1 tbsp shredded coconut

- 1 tbsp honey or maple syrup
- Ice cubes

## **Instructions:**

Blend everything until smooth and creamy. Enjoy chilled!





## **a** 2. Strawberry Banana Coconut Smoothie

### **Ingredients:**

- 1 cup strawberries
- 1 ripe banana
- 1 cup coconut water or milk
- 2 tbsp Greek or coconut yogurt
- Ice cubes

#### **Instructions:**

Blend until silky smooth. Refreshing and energizing!

# **3.** Strawberry Protein Smoothie

## **Ingredients:**

- 1 cup strawberries
- 1 scoop vanilla or chocolate protein powder 1 cup almond or coconut milk
- 1 tsp honey
- Ice cubes

### **Instructions:**

Blend well and serve cold.

