



Green-a-Colada Smoothie

INGREDIENTS

1 cup unsweetened vanilla coconut milk (in the container, not can)

¼ cup pineapple

1 cup fresh spinach

1 TBS unsweetened, shredded coconut

1 tsp vanilla extract

1 TBS lime juice

1 scoop of your favorite protein powder

DIRECTIONS

Add all ingredients to a blender and blend until creamy and smooth. If too thick, add more water, ice or milk. Taste and adjust flavors as needed. Serve immediately. Each recipe serves 1; 220 calories