



Pina Colada Smoothie

1 serving

5 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder (1/4 cup = 1 scoop)
- 1 cup Unsweetened Coconut Milk
- 1/2 cup Pineapple (fresh, frozen or canned)
- 3 tbsps Unsweetened Coconut Flakes
- 1 cup Water (add water to desired texture/thickness)

Nutrition

Amount per serving	
Calories	263
Fat	13g
Saturated	10g
Trans	0g
Carbs	17g
Fiber	4g
Sugar	9g
Protein	21g

Directions

- 1 Mix all ingredients together in a blender.

Notes

Milk alternative, Use almond, cashew, soy, rice, hemp or any other kind of milk!

Ice cream, Add lots of crushed ice to make it a thick ice cream.

The Bomb-beverage for the Athlete!, Coconut is one of our most favorite athlete-friendly foods! It's high fibre (huge support to digestion and weight management), a good source of medium chain fatty acids (which can be used directly by the muscles for energy production, unlike other fats), AND it's rich in electrolyte minerals (great for post-workout fuelling). Pineapple contains bromelain, a natural digestive aid to help your body fully absorb and utilize all those great micronutrients. And if all this wasn't enough, these ingredients both provide natural glucose to help replenish your glycogen stores... pssst which by the way, are the body's primary fuel source for your high intensity workouts. Yup, now that's what we call good food news!