

Tropical Coconut Smoothie

RECIPE BOX

INGREDIENTS

1-1/2 CUP COCONUT WATER
2 CUPS FROZEN PINEAPPLE CHUNKS
2 MEDIUM BANANAS
2 CUPS ORANGE JUICE
ICE (OPTIONAL)



DIRECTIONS

STEP 1: Blend all ingredients, enjoy!

GF This recipe is gluten free as written.

Nutrition per Serving: Calories 300, Fat 0.9g, Carbs 74g, Fiber 5.1g, Sugars 60g, Protein 3.2g

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