

Tropical Green Smoothie

Blend all ingredients until creamy and delicious. This one is perfect for a refreshing post workout meal. Enjoy!!!

316 Calories, 6 g fat, 44 g carbohydrate, 8 grams fiber, 25 g protein

The late summer sun is sizzling, and I haven't wanted to spend much time in the kitchen. This doesn't give me a free pass to neglect healthy nourishment. My solution-

smoothies!!!! When I am heading home from a standup paddle board adventure, an early morning run or day at the beach with the kids, my favorite pitstop is the Tropical Smoothie Cafe. I am hooked on the Tropical Green (no added sweeteners of course) with a scoop of vegan pea protein. This concoction is so fresh and fun- it screams summer! Pairing the incredible benefits of pineapple (see below) with detoxifying leafy greens, I know I am treating my body well. Give my Tropical Green Smoothie a try.

Benefits of Pineapple:

Bromelain – anti-inflammatory

Vitamin C – antioxidant and immune support

B-Vitamins – Energy and metabolism boost

Potassium – electrolyte balance and better kidney function