

Tropical Protein Smoothie

Prep Time 10 mins
 Total Time 10 mins
 Meal Type Breakfast,Lunch,Snack,Side
 Contributed By **LivingPlateRx**
 Source Living Plate Test Kitchen
 Servings 1



Ingredients

lb,c g,ml

- 1 serving Vanilla Protein Powder, *plant-based or whey* (or equivalent of 20 grams protein)
- 1/2 cup pineapple, fresh, *chopped* (or frozen)
- 1 cup almond milk, unsweetened
- 1/3 cup kale, *spines removed and chopped*
- 1 tsp coconut oil, *melted*
- 1/2 lime, *juiced*

Directions

Prep

1. Chop pineapple [or used frozen chunks]
2. Remove spines from kale and chop leaves.

Make

1. Place all ingredients in a high speed blender and process until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 10.4g		15%	Total Carbohydrates 22g
Saturated Fat 4.2g		21%	Dietary Fiber 2g	7%
Trans Fat 0.0g			Total Sugars 10g	
Cholesterol 0mg		0%	Protein 22g	
Sodium 193mg		8%		
Vitamin D 3mcg 26% · Calcium 511mg 51% · Iron 1mg 6% · Potassium 293mg 6%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -

Calories 254
per serving