

RECIPE

Tropical Smoothie Bowl

🕒 5 minutes / 1 serving

THE PERFECT SUMMER TREAT

to cool you off and fuel you up. Pineapple brings just the right amount of sweetness to this hydrating, protein-packed bowl, while fiber-filled chia seeds and shredded coconut add crunch to contrast the creaminess.

INGREDIENTS

- 1 cup unsweetened vanilla almond milk
- ½ cup frozen chopped pineapple
- 1 scoop plant-based protein powder
- 1 kiwi, peeled and chopped
- 2 tbsp shredded coconut
- 1 tbsp chia seeds



INSTRUCTIONS

- 1 **PUREE** almond milk, pineapple, and protein powder. Pour into a medium bowl.
- 2 **TOP** with kiwi, coconut, and chia seeds.

NUTRITIONAL INFO PER SERVING

CALORIES

332

PROTEIN

29 g

FIBER

9 g

CALCIUM

450 mg