

Tropical Green Protein Smoothie

INGREDIENTS

- ½ frozen banana
- ½ cup frozen mango
- ½ cup frozen pineapple
- 3-4 apple slices
- 1 large handful fresh spinach
- 1 scoop vanilla protein powder
- ¾-1 cup cold water
- Unsweetened shredded coconut, for topping

DIRECTIONS

1. Add banana, mango, pineapple, apple, spinach, protein powder, and ¾ cup water to a blender.
2. Blend until smooth, adding additional water as needed.
3. Pour into a glass and top with a sprinkle of unsweetened shredded coconut.