



Tropically Fresh Green Protein Shake

Instructions

- 1 2 scoops protein powder ✓
- 2 1 cup coconut milk
- 3 1 cup frozen peaches
- 4 ½ cup coconut water
- 5 ½ cup frozen pineapple
- 6 ½ frozen banana
- 7 2 cups fresh spinach
- 8 1 TSBP flaxseed ✓

Directions

- 1 Blend all ingredients together.

✓ Available for purchase in the PureFormulas Store

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