



The Ultimate Tropical Delight



2 Servings



5 Minutes

INGREDIENTS

- 1 Cup Coconut Milk: 75 Calories, 0.5g Protein
- 1 Cup Pineapple Chunks: 82 Calories, 0.9g Protein
- 1 Banana: 105 Calories, 1.3g Protein
- 1/2 Cup Greek Yogurt: 65 Calories, 5.5g Protein
- 1 Tablespoon Chia Seeds: 58 Calories, 2g Protein
- 1 Tablespoon Flax Seeds: 55 Calories, 1.9g Protein
- 1 Scoop Vanilla Protein Powder: 120 Calories, 20g Protein

Total Calories: 560 Calories

Total Protein: 32.1g Protein

DIRECTIONS

1. Peel the banana, cut into smaller chunks and set aside.
2. Pour the coconut milk into the blender.
3. Add the banana and pineapple chunks to the blender.
4. Spoon the Greek yogurt into the blender.
5. Sprinkle the chia seeds and flax seeds into the blender.
6. Add the vanilla protein powder to the mixture.
7. Blend all the ingredients on high speed until smooth and creamy.
8. If the shake is too thick, add a little more coconut milk and blend again until you reach the desired consistency.
9. Pour the shake into a glass.
10. Enjoy immediately as a nutritious and delicious meal replacement.

