



Strawberry Kiwi Tropical Smoothie

1 serving

5 minutes

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 1 Kiwi (peeled, chopped)
- 1/4 cup Pineapple (fresh or frozen)
- 1/2 Zucchini (chopped)
- 1 tbsp Chia Seeds
- 2 tbsps Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	292
Fat	8g
Carbs	46g
Fiber	14g
Sugar	23g
Protein	16g
Cholesterol	2mg
Sodium	236mg
Vitamin A	1003IU
Vitamin C	192mg
Calcium	777mg
Iron	4mg
Selenium	5µg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use hemp milk, rice milk, oat milk or water instead of almond milk.

No Chia Seeds: Use ground flax seeds instead.

No Zucchini: Use frozen cauliflower, spinach or kale instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.