



## Tropical Pleasure

### Ingredients:

- 8 oz pure water
- 1/2 tsp pineapple extract
- 1/2 tsp coconut extract
- 1 tbsp heavy cream
- 1/2 frozen banana
- 1 heaping scoop of egg protein
- Stevia or Agave to taste (optional)
- 2-3 ice cubes (optional)