



Coconut Greens Shake

Ingredients:

- 1 scoop vanilla protein
- 1 tbsp coconut oil
- 1/2 cup unsweetened pure coconut water
- 1 cup spinach
- 1 tbsp unsweetened reduced fat coconut flakes

Directions:

1. Place all ingredients except for coconut flakes in a blender and blend until smooth.
2. Pour into glass and top with coconut flakes.

Nutrition Facts

Recipe makes 1 serving

Calories: 295

Fat: 17 g

Carbs: 11 g

Protein: 26 g