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Tropical Blossom Protein Shake

Ingredients:

Green Layer:

Spirulina 1/2 tbsp
Coconut cream 1 1/2 tbsp
Vanilla 1/2 tsp
Honey 1/2 tsp

Magenta Layer:

Banana 1/2
Orange juice 1/4 cup
Frozen blackberries 3/4 cup
Greek yogurt 1/4 cup
Water 1/4 cup
Vanilla protein powder 1 scoop

Yellow Layer:

Banana 1/2
Orange juice 1/4 cup
Frozen mango 3/4 cup
Greek yogurt 1/4 cup
Water 1/2 cup
Vanilla protein powder 1 scoop

Directions:

1. For the green layer, combine spirulina with the coconut cream in a small bowl. Stir until smooth, add vanilla and honey, and set aside. If you don't have spirulina on hand, substitute with a serving of your favorite greens.
2. For the magenta layer, combine all ingredients in a blender. Pulse until smooth, and set aside.
3. For the yellow layer, combine all ingredients in a second blender cup. Pulse until smooth, and set aside.

4. To get the layered flower look, drizzle a little of the green layer on the bottom of a glass.
5. Pour the magenta layer in the glass, up to about the halfway point.
6. Pour the yellow layer on top of the magenta layer. The yellow layer should be a little bit more runny than the magenta layer, and stack nicely on top. If not, add a bit more water.
7. To make the fun scallop shapes on the side of the glass, take a straw and strategically poke it along the inside of the glass. Running the straw along the side of the glass from the yellow to the magenta layer creates point of color.
8. Top with the rest of the green layer, and add whip cream and sprinkles for a finishing touch.

Nutrition Facts:

Serving size: 1 tropical blossom protein shake

Recipe yields: 2 servings

Calories: 360

Fat: 5 g

Carbs: 42 g

Protein: 32 g