



Tropical Protein Paradise

Ingredients

Oats 1-1/2 cups
Nonfat milk 1 cup
Non-fat Greek yogurt 1/2 cup
Vanilla whey protein 1 scoop
Bananas, frozen 2 large
Pineapple, frozen 1 cup
Coconut oil 1/2 tbsp
Water 1/2 cup

Directions

1. Add oats to blender and blend until powdered.
2. Add liquids to the blender and blend until incorporated.
3. Add remaining ingredients and blend on high for 30-60 seconds.

Nutrition Facts

Serving size: 1 smoothie
Recipe yields 1 serving

Calories 1072
Fat 18 g
Carb 173 g
Protein 61 g