

**STRAWBERRY COCONUT PROTEIN SMOOTHIE**

Try this strawberry coconut post workout smoothie after a tough sweat session for a delicious, refreshing way to get an extra boost of fiber and protein!

1 portion

INGREDIENTS

- 1 cup, strawberries, frozen (149 g)
- 1 cup coconut milk, carton(240 g)
- 1/4 Vegan Vanilla Protein Powder (60 g)
- 1 tsp ground flaxseed (3 g)
- 1 tsp of vanilla extract (4 g)
- 1/2 tbsp of maple syrup(10 g)

COOKING METHOD

- 1° Place all ingredients into a high-speed blender and blend until smooth. Option to add more coconut milk as desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (466 g)	% DRI
ENERGY	90 kcal	418 kcal	21 %
FAT	2 g	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	31 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	22 mg	103 mg	4 %
CARBOHYDRATE	7 g	31 g	10 %
SUGARS	4 g	20 g	—
FIBER	1 g	4 g	16 %
PROTEIN	11 g	49 g	—