



Healthy Eating & Weight Loss

Coconut - Pineapple Power Green Smoothie

- 1/2 pint coconut sorbet
- 1/2 cup crushed pineapple in juice, drained
- 1/4 cup unsweetened pineapple juice
- 2 scoops Protein Powder (I use Amplify)
- 6 teaspoons green magma powder
- 1/4 cup orange juice
- 1 small banana, sliced
- 1 teaspoon coconut extract

Puree in blender or smoothie maker and serve immediately -- Makes 2 servings

360 calories, 20g protein per serving

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<http://www.douglasvilleweightloss.com>