



POST WORKOUT SMOOTHIE

Ingredients:

1 frozen banana

1/2 cup frozen pineapple

1/2 cup frozen cherries

1 scoop of Natural PureNourish Protein Powder

1 and 1/4 cups coconut water or coconut milk

INSTRUCTIONS:

Place all ingredients in a blender and blend until smooth. If smoothie is too thick, add more coconut water or plain water to reach desired consistency. Drink immediately.