



BEC
BALDRY
WELLNESS

TROPICAL PROTEIN SMOOTHIE

SERVES 1

INGREDIENTS

- ½ cup frozen pineapple
- ½ cup frozen strawberries
- 1 tsp chia seeds
- 1 Tbsp cashew butter (or nut butter of choice)
- 250ml coconut water
- 1 serve of protein powder
- handful ice

Suggested Topping

- chia seeds

METHOD

1. Combine all ingredients in a blender and blend until smooth and creamy
2. Pour into your favourite jar and top with chia seeds