

# TROPICAL SUNRISE SMOOTHIE

THM E | High Protein | Fruit-Forward | Pantry-Friendly

## MACROS (per serving)

Protein 20-25g • Fat 3-5g • Net Carbs 45-55g

 **Prep**  
5 Mins

 **Cook Time**  
0 Mins

 **Serves**  
1

 **Healthy**  
Carbs



## Direction

- Soak fruit.** Put freeze-dried pineapple and mango in the blender. Splash in 1/2 cup coconut water. Let it sit while you grab the rest.
- Add the rest.** Drop in frozen banana, Greek yogurt, collagen (or whey), sweetener, and any extras. Pour in the remaining coconut water.
- Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
- Taste.** Need more zing? Squeeze lime. Need more sweet? Add a pinch, pulse 3 seconds.
- Serve now.** Pour, garnish, drink, and rinse the blender.

## Ingredients

<b>Coconut Water</b>	1 cup
<b>Pineapple</b> Freeze-dried	½ each
<b>Mango</b> Freeze-dried	½ cup
<b>Banana</b> Frozen or Freeze-dried	½ each
<b>Greek Yogurt</b> 0% Fat	½ cup
<b>Collagen</b> unflavored	2 scoops
<b>Sweetener</b> To Taste	
<b>Water/Ice</b>	
<i>Optional</i>	
<b>Coconut Extract or</b>	½ tsp
<b>Oat Fiber, Ground Flaxseed or Quick</b>	1 Tbsp
<b>Oats</b>	

### **Prep Notes / Variations**

- No fresh fruit? Keep Ready Harvest mango and pineapple cans on hand; they blend smoother than ice cubes.
- Swap half the coconut water for unsweetened cashew milk if you prefer extra creaminess without added fat.
- Craving a piña-colada vibe? Add ½ tsp coconut extract - all aroma, no calories.
- For an anti-inflammatory kick on workout days, blend in ¼ tsp turmeric plus a pinch of black pepper.

Light, bright, and energizing—like a vacation in a glass

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