

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



Ingredients

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

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.

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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