

# Beat The Heat Tropical Smoothie Menu

## Peachy Protein Smoothie

This is a light tasting smoothie with a hint of peaches because I use the frozen mixed Tropical Fruit from Costco. If I use frozen peaches only, then it has a stronger peach taste.



### Ingredients:

- 1 cup frozen peaches, pineapple and melon
- 1 banana
- 2 Tbsp. shredded coconut
- 1 Tbsp. Coconut
- 1 scoop Vanilla Dream Protein
- 1 scoop Green's First Vanilla Boost
- 1 cup unsweetened organic almond milk

Put all ingredients in a blender, and blend until desired consistency is reached. Enjoy!

## Tropical Green Smoothie

It's so easy to drink green! Again, if you want to turn this into a meal, add 1 scoop of your favorite protein powder. That's it! Blend and enjoy!

- 1 cup coconut water
- 2 cups organic spinach
- 1 banana
- 1 cup pineapple chunks
- 1 cup mango
- 2 Tbs. Shredded coconut



## Summer Energizer Smoothie



So refreshing but very sweet, so I like to add the option of the protein to tone down the sweetness

### Ingredients:

1/2 cup coconut water  
1/4 fresh pineapple, peeled and cut into pieces  
10 organic strawberries fresh or frozen  
1 mango peeled and cut into pieces  
1 banana  
3 ice cubes  
Option: Add your favorite protein powder such as Vanilla Dream Protein to make it a meal.

Put all ingredients in a blender, and blend until desired consistency is reached. Enjoy!

## Christmas in July Pomegranate Smoothie

Get your blood pumping with this easy smoothie recipe. It's chockfull of ingredients with antioxidants that boost blood flow and can help to keep your arteries clear.



### Ingredients:

1 cup pomegranate juice  
1 banana  
10 organic strawberries fresh or frozen  
1 cup unsweetened organic almond milk

Put all ingredients in a blender, and blend until desired consistency is reached. Enjoy!

## Watermelon Juice



Watermelon Juice is hydrating, detoxifying, and nutrient rich. It is super easy to make. You *will* love it!

### Ingredients:

Just Watermelon. That's it! Cut up seedless watermelon, fill blender and blend until pure liquid. Enjoy!

## Summer Cinnamon Banana Smoothie

This is thick, rich and almost pudding like. Give your summer a hint of the tastes of winter.

6 small bananas ripe enough to be speckled.

### Ingredients:

6 ripe, speckled bananas

5 dates, pitted

1.5 cups coconut water

2 Tbs. unsweetened shredded coconut

1 scoop Vanilla Dream Protein

1 scoop Green's First Vanilla or Chocolate Boost

Option: Add 2 Tbs. unsweetened cocoa and 1 Tbs. unsweetened Peanut butter

Blend all ingredients in a high speed blender

