



Strawberry Kiwi Tropical Smoothie

1 serving
5 minutes

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 1 Kiwi (peeled, chopped)
- 1/4 cup Pineapple (fresh or frozen)
- 1/2 Zucchini (chopped)
- 1 tbsp Chia Seeds
- 2 tbsps Vanilla Protein Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Nutrition

Amount per serving	
Calories	295
Fat	8g
Saturated	0g
Trans	0g
Carbs	46g
Fiber	13g
Sugar	23g
Protein	16g
Cholesterol	2mg
Sodium	235mg
Calcium	768mg
Iron	4mg
Vitamin D	126IU
Vitamin E	2mg
Vitamin B6	0.4mg
Vitamin B12	0.3µg