

POPEYE'S PROTEIN SMOOTHIE



Ingredients

2 cups raw baby spinach
1 cup coconut milk
1/2 cup frozen pineapple
1/2 cup frozen blueberry
1/4 cup frozen banana
2 scoops Vanilla Whey Protein Powder
2 tablespoon raw honey

Directions

- * Add spinach, coconut milk, and whey to VitaMix or blender. Mix until smooth, and then slowly add in frozen fruit and honey.
- * Serve cold and enjoy!

