

RECOVERY COLADA

INGREDIENTS

- 8 oz pineapple juice
- 2 Scoops PROTEINBLITZ Vanilla Crème
- 1/2 tsp coconut extract
- 1 oz coconut (shredded)

DIRECTIONS

Combine all ingredients into blender and blend until smooth.



63g	600	19g	43g	30g	5g
PROTEIN	CALORIES	FAT	CARBS	SUGAR	FIBER

PER SERVING

PROTEINBLITZ flavor in this recipe:
VANILLA CRÉME

