



TROPICAL GRAPE SMOOTHIE

Prep time: 50 sec | Serves: 1

INGREDIENTS

- 1½ cups frozen seedless red grapes
- 1 small frozen banana
- 1 cup sliced strawberries
- 1 teaspoon coconut cream concentrate
- 1 cup coconut water

STEPS

- 01** Place all ingredients in blender and blend on high speed until smooth.

NUTRITION DATA

305 calories | 4.7g fat | 67.8g carbs | 5g protein | 9.8g fiber | 48.4g sugars | 259mg sodium



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Source: Outback Vision Protocol