

# Coco-Nuts Fruit Smoothie

Yield: 4 cups (32 ounces)

## The Ingredient List

2 cups Coconut water  
1 cup Pineapple, frozen or fresh  
1 cup Mango, frozen or fresh  
1 cup Strawberries, frozen or fresh  
1 cup Watermelon, fresh  
1 ind Lime, fresh squeeze  
1/4 cup Sunflower seeds, raw unsalted (8 grams protein)  
1/4 cup Walnuts, raw unsalted (5 grams protein)

## The Preparation Method

Using blender, place coconut water in first to keep fruit from sticking to the bottom of the blender. Place all other ingredients and blend for 30-40 seconds. Taste and adjust with more coconut water to thin, or more of your fruit of choice to sweeten.

## Protein

13 grams from walnuts and sunflower seeds. Approximately 2-3 grams from combined fruit.