



## Coconut Shake

### Ingredients:

- 1 (11oz) container coconut water
- 1 cup 100% cherry juice
- 1 scoop unflavored or vanilla whey protein powder
- 1 cup strawberries, frozen
- 1 banana

### Directions:

Add all the ingredients to a blender and whirl until smooth.

*Calories: 440; Carbs: 70 g; Protein: 27 g; Fat: 2 g*

*Serving size approx. 3 cups (for individual serving reduce the ingredients)*

