



Pineapple Mango Smoothie Recipe

- 2 cups coconut water
- 1 medium banana (optional)
- 1 cup frozen organic mango
- ½ cup frozen pineapple
- 1 tsp of cinnamon
- dash of cayenne
- 4-5 ice cubes if fruit is not frozen
- OPTIONAL- freshly grated ginger and/or turmeric
- OPTIONAL – 1 scoop protein powder of choice (I use an organic pea protein)

Combine all ingredients in blender. Turn on high until blended smooth. Make 2-3 servings. Can be stored in refrigerator and re-blended within 24 hours.

Recipe Provided By Nourishing – Transformations.com