

STRAWBERRY + LEMON COCO SMOOTHIE

It's like a trip to Italy with a burst of summer strawberries to quench your thirst! This is what I think of summer...

SERVINGS	SERVING SIZE	TIME TO MAKE
2	~6-8 FL OZ	10 MINUTES

INGREDIENTS

- 1 Cup Strawberries*
- 1/2 Cup Coconut Milk
- 1/2 Cup Ice
- 1/4 cup Lemon Juice or Lemonade
- 1 Tablespoon Agave (optional if using lemonade)
- 1 Tablespoon Coconut Flakes
- 2 scoops Essential Stacks Friendly Prebiotics
- 2 scoops Essential Stacks Gut Collagen

DIRECTIONS

1. Add all ingredients into blender, in same order as listed.
2. Blend until there are no lumps or bumps.
3. Enjoy!

Nutritional Information per serving: 240 Calories, 14 grams Fat, 12 gram Saturated Fat, 55 mg Cholesterol, 9 mg Sodium, 19 grams Total Carbohydrates, 4 gram Fiber, 11 grams Sugar, 11 grams Protein, 1% Vitamin A, 63% Vitamin C, 2% Calcium, 12% Iron

*Using organic ingredients helps with the cleansing and ensuring the items are as clean as possible and free of unwanted contaminants like herbicides, pesticides, etc.