

Mexican Fiesta Smoothie



Ingredients

5-6 large strawberries

½ of a lime

1 cup of pineapple

1 cup unsweetened almond milk or coconut milk

2 tablespoons your favorite protein powder (optional)

1 tablespoon warmed coconut oil

1 teaspoon cayenne pepper or tabasco sauce (optional)

Total time: 5 minutes

Directions

1. Chop the strawberries, lime, and pineapple and add to blender. Make sure and remove the stem from the strawberries and the skin from the lime.
2. Add unsweetened almond or coconut milk, protein powder, and melted coconut oil to the blender. If a thicker smoothie is desired, use only ½ cup milk.
3. Blend fruit and milk together well.
4. Add a teaspoon of cayenne pepper or tabasco sauce (optional).

Nutritional Information

Calories	189
Total Fat.....	8g
Saturated Fat	6g
Cholesterol	2.5mg
Total Carbohydrate.....	16g
Dietary Fiber	3g
Sugar	10g
Protein	14g
Sodium	176mg
Potassium	256mg
Serving size.....	8oz
Recipes yields.....	2 servings

Adjusted from
<https://www.intoxicatedonlife.com/mexican-smoothie/>