

Side | Snack

Aloha Tropical Smoothie

Side Effect: Dry Mouth

5 Mins
Prep Time

0 Mins
Cook Time

2
Servings

174 Calories **4g Fat** **21g Carbs** **13g Protein**



Ingredients

2 Servings **5 Mins Total Time** **Allergens: Nuts**

- ½ Cup **Pasteurized** Orange Juice
- 2 Cups Unsweetened Almond Milk
- 1 Cup Pineapple, frozen
- 1 Cup Strawberries, frozen
- 1 Scoop Vanilla, Plant-Based Protein Powder
- 1 Tbsp Chia Seeds

Allergen Swap

Nuts Substitute almond milk for cow's milk or a nut-free milk alternative.

Nourishment Note



Chia Seeds

Chia seeds may serve as a “nutritional booster” in this recipe. Chia seeds are loaded with high-quality protein, fiber, and antioxidants.



Pineapple

Pineapple is high in vitamin C which helps with immune function. It also contains the digestive enzyme, bromelain, which may help to ease digestion and reduce stomach discomfort.



Strawberries

Strawberries are a great source of antioxidants and may help protect the heart against heart disease.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Rinse Fruit

Soak frozen fruit in water and rinse before adding to the blender. This helps remove bacteria and prevent a food borne illness.

3. Blend Ingredients

Combine all ingredients in a blender and mix until smooth. Enjoy!

4. Enjoy!

Consume smoothie immediately or discard leftovers.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Measuring Spoons



Blender

Fatigue Buster

- When energy levels are high, try packaging solid smoothie ingredients in a freezer bag to help reduce prep time in the future.