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Pineapple Burst Smoothie (E)

If you have an umbrella straw, it's time to break it out! Close your eyes and imagine yourself on a sunny and sandy beach somewhere tropical as you are sipping this delicious and protein filled smoothie! Pineapple flavor bursts onto your tongue in this smoothie. We combine 1/4 teaspoon of our new Natural Burst Pineapple Extract with frozen pineapple... together they are a flavor and health boosting dynamic duo! Frozen pineapple is easy to find in the frozen fruit aisle of any grocery store. Put a bag in your grocery cart... it boasts many health benefits including being high in Vitamin C, which helps protect against viruses and helps with weight loss. Pineapple also helps nourish and soothe your adrenal glands and also contains bromelain, an enzyme that studies show can reduce inflammation and aid in digestion.

This recipe makes a large smoothie for a full E meal or snack, but you can divide it in half for a dessert size serving, or share half with a friend or family member!

Serving Size: Large Single-serve Meal or 2 Snack-size Portions

INGREDIENTS:

- 3/4 to 1 cup frozen pineapple chunks (must be frozen)
- 1/2 cup unsweetened nut milk
- 1/2 cup water
- 1/2 cup 1% cottage cheese
- 1 Tablespoon Super Sweet Blend
- 2 Tablespoons Baobab Boost Powder
- 1/4 teaspoon Natural Burst Pineapple Extract
- 1 cup of ice
- 1/2 scoop Pristine Whey Protein Powder

INSTRUCTIONS:

1. Blend all ingredients, except the Pristine Whey Protein Powder, until smooth.
2. Add in the Pristine Whey Protein Powder and blend for 10 seconds.

The *Pineapple Burst Smoothie* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com