

Coconut Blueberry Protein Shake

submitted by bubbline101



Per serving: 225 Calories • 33.9g Carbs (6.8g Fiber) • 2.1g Fat • 19.8g Protein

Ingredients

Ingredients scaled to: 1 serving

1 cup **Coconut water (liquid from coconuts)** (240 grams)

6 oz **Nonfat greek yogurt** (170 grams)

1 cup, unthawed **Blueberries, frozen** (155 grams)

Directions

Directions are based on the original recipe of 1 serving

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