



## Key Lime Smoothie (GF)(DF)(VG)

2 servings

10 minutes

### Ingredients

- 1 piece Lime (whole lime squeezed for juice & grated zest)
- 1/2 cup Banana
- 1 cup Frozen Mango
- 1 cup Pineapple
- 1 1/2 cups Coconut Water

### Directions

- 1 Use all frozen fruit for a smoother more creamy texture. In a blender add fruit chunks with coconut water and grate the whole zest of the lime into the blender. Squeeze all the lime juices into the mixture and blend on high until rich and creamy. Serve in two ice-cold mugs with a wedge of lime to garnish or store in the fridge for later.

### Nutrition

Amount per serving	
Calories	167
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	43g
Fiber	4g
Sugar	32g
Protein	2g
Sodium	50mg
Vitamin C	101mg
Iron	1mg