

# Dairy-Free Tropical Breeze Shake



## *Recipe:*

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Dairy-Free Tropical Breeze Shake

Serves: 1

Serving Size: 12-ounce glass

## *Ingredients:*

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- 1 cup banana
- ½ can pineapple chunks
- 2 tablespoons non-dairy protein powder of your choice
- ½ cup coconut milk
- 1 cup soy milk or plant-milk of your choice (almond, coconut, etc)
- 1 cup ice

## *Instructions:*

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1. Place all ingredients in a blender
2. Cover and blend on high until smooth
3. Chill before serving

## *Nutrition Facts:*

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Calories 575

Fat 138 (g)

Carbohydrate 130 (g)

Protein 21 (g)

Sodium 283 (mg)

Percent Calories

Fat: 23%

Carbohydrates: 63%

Protein: 14%

Submitted by Joseph Gonzales, RD; Edited by student Sarah Pennington on behalf of ON DPG