

## ***Vegan Mixed Fruit Smoothie***

### **Ingredients:**

- cup frozen blueberries
- 1/2 cup frozen mixed fruit (tropical medley is a favorite)
- 1/2 cup fresh chopped pineapples (I used canned pineapples and poured in the juice)
- whole banana
- Outshine strawberry popsicles (optional)
- 1/2 cup oat milk or milk of your choice
- scoop pea protein (I use NOW Foods unflavored Pea Protein. I dilute mine with 2 Tbsp warm water first, helps control the grit taste)

\*Add water to get the smoothie to the consistency you like!

You can add 1/2 avocado to get a smooth texture and some fresh ginger drink for a spice kick!

**Directions:** Add all of the ingredients into your blender (most blender instructions suggest adding the frozen items first then the fresh items and the liquids). Mix until it arrives to your desired consistency. Make sure there is enough liquid to really mix all of the ingredients together.

Makes enough to serve 3 to 4 people 6 oz each or so depending on the amount of liquid added.