

MEAN GREEN SUPREME

Revitalize your body with the Mean Green Supreme, a powerhouse smoothie designed to energize and nourish. This vibrant drink combines 10 ounces of unsweetened coconut milk with a nutrient-packed blend of $\frac{1}{2}$ cup of kale and 1-1/2 cups of cucumber, offering a refreshing crunch and loads of vitamins. The addition of a small green apple provides a subtle sweetness and fiber, while a tablespoon of MCT oil boosts your intake of beneficial fats, supporting metabolism and brain health. Two scoops of Pure Vitality Vanilla Protein Powder deliver a smooth, rich texture and protein boost, sweetened naturally with 20 drops of liquid stevia. Blend all ingredients until creamy and frothy for a delicious, healthful treat that's perfect for a quick breakfast or energizing snack.





Ingredients

- 10 oz. unsweetened coconut milk
- ½ cup kale
- 1-1/2 cups cucumber
- 1 small green apple
- 1 tbsp MCT oil
- 2 scoops Pure Vitality Vanilla Protein Powder
- 20 drops liquid stevia

Instructions

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.