

Lemon Tart Smoothie

 6 ingredients  10 minutes  1 serving

Directions

1. Place all ingredients in your blender and blend until smooth. Enjoy!

Notes

What is Coconut Butter? The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

No Protein Powder Use 1/4 cup hemp seeds per serving instead.

Ingredients

- 1** Lemon (juiced)
- 1** Banana (frozen)
- 1 cup** Frozen Cauliflower
- 2 tbsps** Coconut Butter
- 1/4 cup** Vanilla Protein Powder
- 1 1/2 cups** Unsweetened Almond Milk