

INGREDIENTS

SERVES 1



XS Vanilla Protein Pod







⅓ Cup Nut Milk (almond or Coconut)



½ Cup Frozen Pineapple



2 Tablespoons MCT Oil



1 Teaspoon Blue Spirulina

TO SERVE

1 ½ Cups Fresh Fruit (mango, peach, raspberry, banana, strawberries, etc) 1 Tablespoon Walnuts

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1 Tablespoon Sunflower Seeds

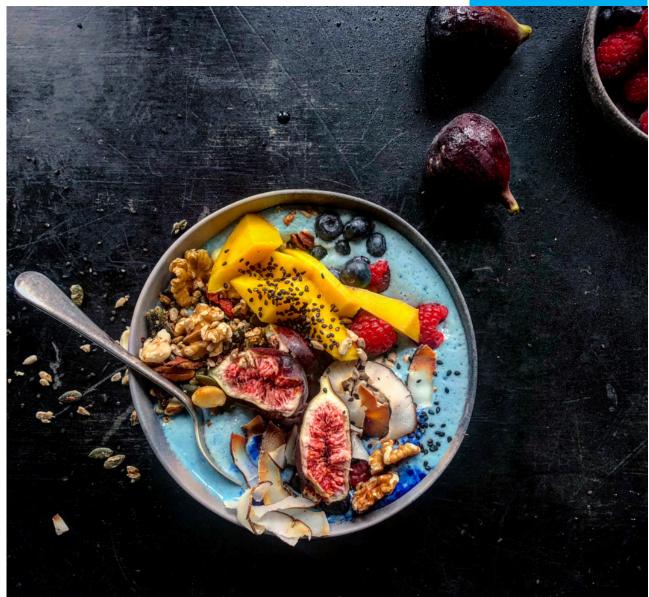
½ Teaspoon Chia Seeds

⅓ Cup Granola

TUTTI FRUITY SMOTHIE BOWL

with XS™ Protein Pods

PROTEIN PODS





XS PROTEIN PODS

PROTEIN POWDER TO GO!

Contains 20 grams of whey protein isolate and 4.4 grams BCAAs* to help build lean muscle mass.† The keto-friendly formula also contains 90 calories and is free from gluten, lactose and soy.

*Branch-Chain Amino Acids. †This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BUST OUT

- Measuring Cups
- Tablespoon
- Teaspoon
- Food Processor (or blender)



Share your finished recipe pics with us @XSNation



• Place the banana, mango, pineapple, milk, MCT oil, blue spirulina, and Vanilla Protein Pod into a food processor.



2 PUREE

• Using the food processor, puree the ingredients until smooth. (approximately 30-40 seconds)



• Pour the mixture into a bowl and top with fresh fruit and nuts.