

## ACV Tropical Smoothie

serves 1

### **Ingredients**

1 cup fresh strawberries

1/2 cup frozen mangoes

1/2 cup frozen pineapple

1 cup full fat coconut milk

1 TBS chia seeds

1 TBS Raw Apple Cider Vinegar

1 scoop Grass Fed Whey Protein Powder (optional)

\*add extra almond milk if needed for thinner consistency

### **Directions**

combine all above ingredients into a high powered blender and blend until smooth.

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