

ECTO COOLER

Smoothie



INGREDIENTS:

- 2 tangerines, 2 minneola tangelos, or 1 sumo citrus, peeled
- 1/2 cup plain or vanilla yogurt
- 1/4 cup milk
- 1 banana, peeled and roughly chopped
- 5-6 ice cubes
- 1 slice of ginger
- Green food coloring
- 1 scoop plain, unsweetened collagen or whey protein powder (optional)
- 2 tbsp. unsweetened desiccated coconut (optional)
- 1 drop vanilla extract (optional)

DIRECTIONS

- 1.) Place all ingredients except green food coloring in a blender and puree until smooth.
- 2.) Add green food coloring until desired color.
- 3.) Pour into chilled glasses.
- 4.) (Optional) Add tangerine slice as garnish.