

Orange Pineapple Shake

THM-Friendly: E

This shake has a TON of veggies and is so HUGE and filling!
It gave me two quarts!! Thatsa a lotta brekky.

- 1 clementine, peeled
- 3/4 cup pineapple, fresh
- 3/4 cup unsweetened nut milk
- 1 Tbsp. THM Super Sweet (or Pyure)
- 1/2 cup non-fat plain Greek yogurt
- 1 very large handful of fresh spinach
- 1 whole small yellow summer squash, unpeeled
- 3/4 cup okra, frozen
- 2 Tbsp. unflavored Pristine Whey Protein
- 1 cup of ice

Add all ingredients to the blender and zing into oblivion.

Pour into a LARGE glass.

enJOY!

