



TUTTI FRUITY SMOTHIE BOWL

with XS™ Protein Pods

PROTEIN PODS

INGREDIENTS

SERVES 1



1

XS Vanilla Protein Pod



1

Frozen Banana



½ Cup

Frozen Mango



½ Cup

Frozen Pineapple



½ Cup

Nut Milk
(almond or Coconut)



2 Tablespoons

MCT Oil



1 Teaspoon
Blue Spirulina

TO SERVE

1 ½ Cups

Fresh Fruit
(mango, peach, raspberry,
banana, strawberries, etc)

1 Tablespoon

Walnuts

1 Tablespoon

Walnuts

1 Tablespoon

Sunflower Seeds

½ Teaspoon

Chia Seeds

½ Cup

Granola





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)

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1 COMBINE INGREDIENTS

- 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)



3 SERVE AND ENJOY

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