

# Knee Deep in the Tropics Shake

THM-Friendly: E

- 1 cup FRESH pineapple
- 3/4 cup nonfat plain Greek yogurt
- 1 cup unsweetened nut milk
- 1 tsp. Swerve Brown (or 1 tsp. THM Super Sweet mixed with a drizzle of blackstrap molasses)
- 1 diced yellow summer squash (no need to peel!)
- 1 large handful of spinach
- 1/4 tsp. almond extract
- 1/4 tsp. rum extract
- 1/4 tsp. butter extract
- 1/4 cup unflavored Pristine Whey Protein
- 2 cups ice

Blend all ingredients together, except the whey.

Blend well until it is perfectly smooth.

Add whey and blend for 20 additional seconds.

enJOY!



<https://www.joyfullifewithkj.com/drinks-and-shakes/kneedeep>

