

High Protein Coconut Water



Ingredients:

- 2 teaspoons of Aloha Coconut water powder
- 16 oz. water
- 1 scoop of unflavored protein powder (try Bipro)

Directions:

1. Pour water, coconut powder and 1 scoop of protein powder in a shaker cup.
2. Shake until contents are mixed well.
3. Enjoy.

Nutrition Information:

Serving size*: 8oz.

Calories per serving: 125

Total protein per serving: 20g

Servings per recipe: 2

Total fat per serving: 0

Total carbohydrates per serving: 11g

Nutritional Benefits:

Coconut water is a good source of electrolytes which helps hydration.

*Serving size that is suggested for post-operative bariatric patients

Image provided by: Plus Lifestyles

<http://pluslifestyles.com/articles/coconut-water-during-pregnancy/>