

Okinawa Smoothie Recipe

<https://brickhousenutrition.com/blogs/recipes/okinawa-smoothie-recipe>

Okinawa Smoothie

Recipe submitted by: Aaron

Try this new twist on your regular shake routine!

Prep Time: 5 mins Servings: 1

What You'll Need:

Goya (Bitter Melon), chopped	1/4 Cup
Honey	2 Tsp
Butternut Squash, cooked and cooled	1/4 Cup
Banana	1
Black Sesame Oil	1 Tsp
Soy Milk	1 Cup
Yogurt, low/no sugar added	1 Tbsp
Field of Greens	1 Scoop
Ice Cubes	1/2 Cup

Follow These Simple Steps:

1. Halve the bitter melon, remove the seeds and fibrous core, and chop
2. Place all the ingredients into a blender

3. Blend until smooth
4. Enjoy!

NOTES:

Don't have time to prepare butternut squash? Thaw cooked and frozen butternut squash found in your grocer's frozen aisle instead.

NUTRITIONAL FACTS

Serves: 1

Calories Per Serving: 333

Protein	10g
---------	-----

Fat	9g
-----	----

Carbohydrates	57g
---------------	-----

Sodium	135mg
--------	-------

LET'S SEE YOUR RESULTS! Tag @brickhousenutrition on Instagram!