

Kona Kooler Recipe

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Kona Kooler

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A refreshing, berry filled drink packed with a full serving of veggies.

Prep Time: 10 mins Servings: 1

What You'll Need:

Watermelon 2 cups, cubed

Green & Purple Grapes 1/4 Cup

Orange (peeled) 1

Frozen Strawberries 4

Orange juice 1/3 Cup

Field of Greens 1 Scoop

Ice Cubes 1/2 Cup

Follow These Simple Steps:

1. Remove rind and skin from watermelon, remove seeds (if any), and cube
2. Peel and separate orange segments
3. Place all the ingredients into a blender
4. Blend until smooth
5. Enjoy!

NOTES:

Have some extra oranges? Use them to make freshly squeezed orange juice.

NUTRITIONAL FACTS

Serves: 1

Calories Per Serving: 248

Protein	5g
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Fat	1g
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Carbohydrates	63g
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Sodium	7mg
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LET'S SEE YOUR RESULTS! Tag @brickhousenutrition on Instagram!