

Pineapple Orange Shake Recipe

<https://brickhousenutrition.com/blogs/articles/pineapple-orange-shake-recipe>

Pineapple Orange Citrus Fruit Shake

Get your morning started off right with this bright, citrus fruit shake. But don't let its fruity flavor fool you...there is also full serving of greens packed inside!

Prep Time: 5 mins Servings: 1

What You'll Need:

Pineapple Juice 1/2 Cup

Orange Juice 1/2 Cup

Crushed Ice 1/2 Cup

Field of Greens 1 Scoop

Follow These Simple Steps:

1. Place all the ingredients into a blender
2. Blend until smooth
3. Enjoy!

NOTES:

Don't have a blender handy? Use a shaker bottle to thoroughly mix the ingredients together and pour over ice for a refreshing drink.

NUTRITIONAL FACTS

Serves: 1

Calories Per Serving: **132**

Protein	2g
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Fat	0g
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Carbohydrates	32g
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Sodium	4mg
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LET'S SEE YOUR RESULTS! Tag [@brickhousenutrition](#) on Instagram!