



2 Ingredient Body Armor

INGREDIENTS

16oz. Coconut Water
1/2 cup Frozen fruit (I like strawberries)
Pinch salt (Optional)

METHOD

In your blender, put in about 1/2 cup of frozen fruit, coconut water and pinch of salt. Press start and wait for your delicious "body armor" to be blended. It is not a smoothie, so don't expect it to be too thick. Though there will be a little froth at the top of your container.