

Cal-a-Vie: Pineapple Coconut & Blackberry Lemon Smoothies

From above, Cal-A-Vie resembles a quaint Provençal village, as a cluster of peach stucco buildings tucked into a hillside amid birch trees. The 32 guest rooms are spread among Mediterranean-style cottages gathered around a central pool area. Across a bridge are tennis courts, a larger pool and the gym pavilion. Part of the property's charm is its intimate size, which imparts a real sense of privacy and seclusion.

PINEAPPLE COCONUT (YIELDS 4 CUPS):

- 1½ cups sliced banana
- 2 cups frozen pineapple chunks
- 1½ cups organic coconut milk
- 1 tablespoon protein powder (we recommend using hemp, whey or rice protein)
- *In a blender, add all the ingredients and puree on high until completely smooth.*

BLACKBERRY LEMON (YIELDS 4 CUPS):

- 3 cups frozen blackberries
- juice of one lemon
- 3½ cups almond milk
- 1 cup fresh spinach
- 2 tablespoons honey
- 1 tablespoon protein powder (we recommend using hemp, whey or rice protein)
- *In a blender, add all the ingredients and puree on high until completely smooth. Strain through a fine mesh sieve to remove the blackberry seeds.*

