


Healthy Piña Colada Smoothie

Ingredients

- ½ medium ripe frozen banana
- ¾ cup almond or coconut milk
- ½ cup frozen pineapple
- 2/3 cup ice
- 1 tablespoon shredded coconut



Directions

Brought to you by: 

1. Put all ingredients except coconut in the blender.
2. Blend until smooth.
3. Mix in coconut and pour over a glass of ice.

