

Pina Colada Smoothie



INGREDIENTS

- 2 cups frozen pineapple
- 1/2 frozen banana
- 4 oz coconut milk
- 4 oz water
- 1 scoop vanilla protein

DIRECTIONS

1. Add all ingredients to a high speed blender - I recommend a vitamix! I've had mine for years, and nothing else compares to the consistency.
2. Add more water if needed, 1/4 cup at a time. I like a thick smoothie, so I am light on the water
3. Enjoy!