

Pina Colada Smoothie



PREP TIME:
5 MINUTES

COOK TIME:
N/A

TOTAL TIME:
6 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

Ingredients:

- 1 ½ Cups Ice (add more for thicker smoothie)
- 1 ½ Cup Unsweetened Coconut Milk
- 1 Scoop Organic Vanilla *Protein (*I use [Truvani](#)*)
- ¾ Cup Frozen Pineapple
- 1 Medjool Date – Pitted (*optional*)
- 1 TBSP Chia Seeds
- 2 TBSP Coconut Yogurt or Coconut Cream
- Optional: 1 Scoop [Wild Caught Marin Collagen](#) / Top with Coconut Flakes

Instructions:

1. In single-serve blender (I use Ninja brand) – add ice and then milk.
2. Add remaining ingredients.
3. Blend on high for about 1 minute. Can blend longer for creamier smoothie. Pour into glass and enjoy.

Optional: Top with Coconut Flakes

***Cleanse Friendly when using a clean source of protein – Truvani is one of them.**

***Try and use all organic ingredients if possible.**

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