

Pina Colada Smoothie

Prep Time: 3 minutes

Pina Colada Smoothie Recipe:

1/2 cup pineapple - peeled & frozen

1/2 cup banana - peeled & frozen

1/2 cup young coconut meat

1/2 cup young coconut water

Instructions:

Bananas and pineapple need to be peeled and frozen. Blend well.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org