



Tropical Pineapple Smoothie

Servings 2 | Prep time 10 mins. | Total time 10 mins.

Equipment: Blender, Measuring Cups and Spoons, Can Opener

Utensils: N/A

Ingredients

1 20 ounce can crushed pineapple with juice

½ cup canned light coconut milk

1 cup ice

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. Open canned pineapple, and do not drain. Reserve the juice.
3. Place pineapple with juice, coconut milk, and ice in blender.
4. Blend ingredients until smooth.

Nutritional Information:

Calories 130

Total Fat 1g

Sodium 10mg

Total Carbs 31g

Protein 1g