



# Tropical Pineapple Smoothie

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

## Equipment:

Blender  
Can opener

## Utensils:

Measuring Cups and Spoons

## Ingredients

1 20 ounce can crushed pineapple in juice  
1/2 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