



# 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