

Island Colada Smoothie



< 15 min



1 serving



Ingredients

- ½ cup almond milk (or other non-dairy/soy milk)
- ½ cup coconut milk
- ¼ cup coconut yogurt (plain, unsweetened)
- 2 Tbsp protein powder (preferably pea or bone broth; rice is acceptable for those with no sensitivities)
- 1 Tbsp chia gel (see GHS Basics)
- ½ banana (frozen)
- ¼ cup fresh pineapple
- ½ tsp cinnamon
- ¼ tsp vanilla
- 1 Medjool date (pitted)
- ¼ cup shredded coconut flakes
- ½ cup crushed ice

Preparation

Blend all the ingredients together. Garnish with berries and cinnamon. Serve and Enjoy!

*For those who are sensitive to sugar, remove the Medjool date and reduce/remove the banana and substitute with banana flavoured stevia or essential oil.



This piña colada smoothie only uses fresh fruit and coconut milk, making it a delicious and healthy way to start the day!

- Protein (almonds, supplement powder, chia seeds)
- Medium Chain Fatty Acids (coconut)
- Vitamins, minerals & fiber (banana, Medjool date)
- Antioxidants (cinnamon, vanilla)