



Creamy Coconut, Strawberry & Pineapple Protein Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Lite Coconut Milk
1/2 cup Water
1/2 cup Frozen Pineapple
1/2 cup Frozen Strawberries
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
2 tbsps Unsweetened Coconut Yogurt

Directions

- 1 Add the coconut milk, water, pineapple, strawberries, protein powder, and chia seeds to a blender. Blend until smooth.
- 2 Using the back of a spoon, spread the coconut yogurt around the inside of a glass. Pour the smoothie into the glass. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is approximately 1 1/2 cups.

Make It Creamier: Replace the water with additional coconut milk.