

The Natural Healing Center

4250 Veterans Hwy. Suite 104E | Holbrook, NY 11741 | 631.563.6503 | TheNaturalHealingCenter.net

Pineapple Coconut Smoothie

Ingredients:

- 1 cup almond milk
- ½ cup canned coconut milk, full fat
- ¼ tsp. vanilla extract
- 1 Banana
- 2 Tbsp. (scoops) Standard Process Whey Protein Complete
- ½ - 1 cup frozen pineapple
- ¼ cup shredded coconut
- Handful of ice

Directions:

Combine all ingredients in a blender and blend on high until smooth. Enjoy!