

# Piña Colada Smoothie

---

Serves 1

## INGREDIENTS

1 Banana  
1 Cup *frozen* pineapple  
1 Cup milk  
1 Lime, juiced (2-3 tablespoons)  
1 Teaspoon vanilla extract  
1/2 cup silken tofu (soft)  
Handful of ice cubes  
Sprinkle with shredded unsweetened coconut



## DIRECTIONS

1. Combine all ingredients in a blender and blend on high until smooth.
2. Pour into glass and garnish with shredded unsweetened coconut.

## NUTRITION INFORMATION PER SERVING

Calories: 389 Total Fat: 8g, Saturated Fat: 21g, Cholesterol: 12mg, Sodium: 121 mg ,Carbohydrate 68g,  
Fiber: 7g, Sugar: 45g, Protein: 19g

**SOURCE** Melinda Mahoney, RDN, LDN, Health *Plus*

---