

Pina Colada Smoothie



Ingredients:

- 1 cup coconut milk
- ½ cup pineapples (or to taste)
- ¼ avocado
- 1-2 tbsp. vanilla protein powder (optional, you could use ¼ tsp. vanilla extract instead if you would like)

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Enjoy :)