



PINA COLADA

INGREDIENTS

- 1 1/4 cup coconut milk
- 3/4 cup frozen pineapple chunks
- 1/2 frozen banana
- 1/2 cup frozen cauliflower
- 1 tbsp shredded coconut
- 1 scoop protein powder



DIRECTIONS

Add all ingredients to the blender, starting with the milk. Blend until completely smooth.



Pina Colada Smoothie

Nutrition Facts

Serving Size	1 × 16 oz. smoothie	
Amount Per Serving		
Calories	317.5	
% Daily Value*		
Total Fat	10.2 g	13 %
Saturated Fat	8.5 g	42 %
Trans Fat	0 g	
Cholesterol	40 mg	13 %
Sodium	166.9 mg	7 %
Total Carbohydrate	34.3 g	12 %
Dietary Fiber	5.7 g	20 %
Total Sugars	22.2 g	
Added Sugars	0 g	0 %
Protein	27.7 g	
Vitamin D	3.7 mcg	19 %
Calcium	268.8 mg	21 %
Iron	1.9 mg	10 %
Potassium	709.5 mg	15 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com