

Pina Colada Smoothie

Ingredients

2 c fresh pineapple, frozen 1 hour

½ c almond milk

1 c plain Greek yogurt (2%)

2 Tbsp agave nectar

1 tsp vanilla

¼ c *toasted unsweetened coconut flakes + garnish

Directions

If time allows freeze pineapple for 1 hour. If frozen longer, let sit 10 minutes before blending. If no time to freeze, just make sure all ingredients are chilled.

In a blender, process all ingredients until smooth. If desired, garnish with a few extra flakes of coconut. Makes about 2 12oz smoothies but can easily be doubled.

***Toasting Coconut:** Place unsweetened coconut flakes on a rimmed baking sheet. Toast in a 325-degree oven for 3-5 minutes, tossing a couple of times, until golden. Watch carefully, it can burn easily.

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