

Piña Colada Smoothie

Recipe makes 1 smoothie

Ingredients

1/2 C FF Fairlife Milk
1 scoop Legion Vanilla Protein Powder (or any brand)
1 ¼ C Frozen Pineapple Chunks
3/4 C Light Greek Vanilla Yogurt
3 Tbsp SF Coconut Syrup
100g Ice Cubes (about 6 cubes)

Instructions

1. Add all of your ingredients to a blender and blend to your desired consistency.
2. Pour into a glass or shaker bottle.
3. Enjoy!



Nutrition Profile

- per smoothie -

Calories - 300
Fat - 0g
Carbohydrates - 34g
Protein - 43g

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Notes

- The sugar free coconut syrup is usually found in the coffee aisle of the grocery store. If you cannot find it, coconut extract or even coconut creamer is a great substitute. Just remember to account for the calories in the creamer if that's what you end up using.
- This smoothie is a great option for a high protein dessert, snack, or even a post workout protein shake.
- The consistency of this recipe is like a thick protein shake. If you like more of a milkshake consistency, you can skip the milk and add more ice. Adding a tsp of xanthan gum will make this more of an ice cream consistency if you want something even thicker.