

# Pina Colada

6 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients in a blender until smooth.

## Notes

### Scoop Measurement:

1 serving of Life Shake = 2 scoops (scoop provided inside every container). 1 scoop = 2 Tablespoons, 2 scoops = 1/4 cup

Get your Vanilla Life Shake at the link below:

<https://bit.ly/3Al6Rwg>

## Ingredients

**1/4 cup** Vanilla Life Shake (Use scoop inside Life Shake container, 3 scoops per shake. 1 scoop = 2 Tablespoons, 3 scoops = 6 Tablespoons)

**2 tbsps** Pineapple

**1/2 tsp** Plain Coconut Milk (Or 1/2 tsp Coconut Extract)

**1/4 tsp** Vanilla Extract

**1/8** Banana

**1 cup** Water Or Milk Of Your Choice

## Nutrition

Amount per serving

<b>Calories</b>	187	<b>Cholesterol</b>	0mg
<b>Fat</b>	4g	<b>Sodium</b>	406mg
<b>Carbs</b>	22g	<b>Vitamin A</b>	81IU
<b>Fiber</b>	7g	<b>Vitamin C</b>	32mg
<b>Sugar</b>	9g	<b>Calcium</b>	152mg
<b>Protein</b>	19g	<b>Iron</b>	5mg