

Pina Colada

6 ingredients · 5 minutes · 2 servings



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/3Al6Rwq>

Ingredients

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

1/4 cup Pineapple

1 1/16 tsps Plain Coconut Milk (Or 1/2 tsp Coconut Extract)

1/2 tsp Vanilla Extract

1/4 Banana

2 cups Water Or Milk Of Your Choice

Nutrition

Amount per serving

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