

Pina Colada Smoothie

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-pina-colada-smoothie-recipe-ingredients>

Ingredients:

- 1 cup almond Breeze
- 1/4 cup mango diced
- 1/4 cup pineapple
- 1/4 avocado
- 1/2 frozen banana
- 2 tablespoons flaked coconut
- 1 cup almond Breeze
- 1 tablespoon honey
- 1 teaspoon coconut oil
- 1/2 cup frozen raspberries
- 1/2 cup frozen blackberries
- 1 handful fresh spinach
- 1/2 lemon
- 1 cup almond Chocolate, Breeze
- 2 tablespoons natural peanut butter
- 1/4 avocado
- 1 tablespoon honey
- 1 teaspoon coconut oil
- 1/2 frozen banana

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 55 grams
3. Fat: 64 grams
4. Fiber: 20 grams
5. Protein: 27 grams
6. SaturatedFat: 8 grams
7. Sodium: 15 milligrams
8. Sugar: 24 grams

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