

# If You Like Pina Coladas....

Combine all ingredients in a blender and process until creamy. Enjoy!

Bump up the nutrition power in this drink by adding a large handful of leafy greens (like baby spinach). It may look a little different, but won't impact the delicious flavor at all!!!

Sipping poolside pina coladas sounds like summer to me!

If indulgent weekends and scorching temps have you searching for a lighter meals, try a cool and refreshing pina colada smoothie. It is the perfect blend of detoxifying green tea, pineapple and coconut. It's great for a quick lunch or post workout pick-me-up. Best of all, this smoothie tastes like summer!