

Blended Strawberry Piña Colada - A Refreshing Smoothie with Island Vibes

Strawberry Piña Colada Smoothie - Fruity, Creamy & Island-Inspired



TIME
5 min

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INGREDIENTS

- 1 cup frozen strawberries
- $\frac{1}{2}$ cup coconut milk (full-fat for extra creaminess, light for fewer calories)
- $\frac{1}{2}$ cup pineapple chunks (fresh or canned, drained)
- 1 banana, sliced
- 1 tbsp honey (optional) - adjust to taste depending on the sweetness of your fruit
- $\frac{1}{2}$ cup ice cubes
- Fresh pineapple wedges & strawberry slices for garnish

DIRECTIONS

1. Combine Ingredients: In a blender, combine:
2. Frozen strawberries
3. Coconut milk
4. Pineapple chunks
5. Banana slices
6. Honey (if using)
7. Ice cubes
8. Blend Smooth: Blend on high speed until the mixture is completely smooth and creamy.
9. If the mixture is too thick, add a splash more coconut milk and blend again.
10. Serve & Garnish: Pour into tall glasses.
11. Garnish with pineapple wedges and strawberry slices.
12. Serve immediately with a straw and a smile.

TIPS FOR SUCCESS

Always use frozen strawberries or pineapple to thicken without needing extra ice.

Don't skip the banana - it adds natural sweetness and creaminess.

Start with the liquids first and layer fruit on top for smoother blending.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/blended-strawberry-pina-colada-a-refreshing-smoothie-with-island-vibes/>