

Creamy Piña Colada Smoothie - Tropical Flavor in Every Sip

Piña Colada Smoothie ??



TIME
5 min

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INGREDIENTS

- 1 cup frozen pineapple chunks
- ¾ cup coconut milk (full-fat for richness, light for lower calories)
- ¾ cup Greek yogurt (plain or vanilla)
- 1 tablespoon honey (optional, for extra sweetness)
- ½ teaspoon vanilla extract
- ¾ cup ice cubes

DIRECTIONS

1. Combine the Ingredients: In a high-speed blender, add the frozen pineapple, coconut milk, Greek yogurt, honey (if using), vanilla, and ice cubes.
2. Blend It Smooth: Blend on high for 45-60 seconds, or until creamy and frosty. The frozen pineapple and ice should create that lush, milkshake-like consistency.
3. Adjust the Texture: Too thick? Add more coconut milk.
4. Too thin? Toss in a few more frozen pineapple chunks or ice cubes and blend again.
5. Serve and Enjoy: Pour into a tall glass. Garnish with a pineapple wedge, a sprinkle of shredded coconut, or even a paper umbrella if you're feeling festive.

SWAPS & NOTES

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Blend It Smooth Blend on high for 45-60 seconds , or until creamy and frosty.

The frozen pineapple and ice should create that lush, milkshake-like consistency. 3.

Toss in a few more frozen pineapple chunks or ice cubes and blend again. 4.

TIPS FOR SUCCESS

It thickens the smoothie and keeps it super cold without diluting the flavor.

Use full-fat canned coconut milk and vanilla Greek yogurt.

Turn it into a dessert by blending with crushed ice and topping with whipped cream.

For an adult version, add a splash of rum -instant happy hour!

