

Strawberry Piña Colada Smoothie - A Tropical Treat in 5 Minutes

Strawberry Piña Colada Smoothie (Refreshing & Tropical!)



TIME
5 min

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INGREDIENTS

1 cup frozen strawberries
1/2 cup frozen pineapple chunks
1/2 cup coconut milk (or any milk you prefer)
1/4 cup Greek yogurt (optional, adds creaminess and protein)
1 Tbsp honey or maple syrup (optional, for extra sweetness)
1/2 tsp coconut extract (optional, for bold coconut flavor)
1/2 cup ice (optional, for a thicker, colder texture)

DIRECTIONS

- 1.** Add to : Blender: Combine the frozen strawberries, frozen pineapple, coconut milk, yogurt (if using), and honey or maple syrup into your blender.
- 2.** Optional : Boost: Add coconut extract for deeper tropical flavor.
- 3.** Blend: Blitz everything until smooth and creamy. Scrape down the sides if needed.
- 4.** Adjust: If it's too thick, add more coconut milk. If you want it colder or thicker, toss in the ice and blend again.
- 5.** Serve: Pour into a chilled glass, pop in a fun straw, and sip away!

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Original recipe: <https://chefmaniac.com/strawberry-pina-colada-smoothie-a-tropical-treat-in-5-minutes/>