

Pina Colada Smoothie: Creamy, Tropical & Refreshing Blend

Pina Colada Smoothie: Your Creamy, Tropical Escape in a Glass!



PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

BINDER
Ready

INGREDIENTS

- 1 ½ cups frozen pineapple chunks
- 1 banana (preferably frozen, for extra creaminess)
- ¾ cup coconut milk (canned full-fat for richer flavor, or carton for lighter)
- ¾ cup Greek yogurt (plain, or coconut yogurt for dairy-free)
- ... cup pineapple juice (or water, to adjust consistency)
- 1 tablespoon shredded coconut (optional, but adds texture and flavor)
- 1 teaspoon honey or maple syrup (optional, for extra sweetness)
- Ice cubes, as needed for desired thickness
- Pineapple wedge or cherry, for garnish (optional)

Swaps and Notes:

Frozen Fruit: Using frozen pineapple and a frozen banana is key for a thick, frosty smoothie without needing too much extra ice, which can dilute the flavor.

Coconut Milk: Canned full-fat coconut milk will yield a richer, creamier smoothie with a stronger coconut flavor. Carton coconut milk is lighter.

Greek Yogurt: Plain Greek yogurt adds creaminess and a protein boost. For a dairy-free option, use plain coconut yogurt.

Pineapple Juice: Adds more pineapple flavor and helps with blending. Water can be used if you want less sweetness or prefer a lighter smoothie.

Sweetener: Adjust honey or maple syrup to your taste, depending on the ripeness of your fruit and your desired sweetness level.

Shredded Coconut: Adds a nice texture and boosts the coconut flavor.

Garnish: A pineapple wedge, a maraschino cherry, or a sprinkle of shredded coconut truly completes the tropical presentation.

Directions:

Add Ingredients to Blender: Add the frozen pineapple chunks, banana (frozen preferred), coconut milk, Greek yogurt, pineapple juice, and shredded coconut (if using) to your blender.

Blend Until Smooth: Blend on high speed until the mixture is completely smooth and creamy. Stop and scrape down the sides as needed to ensure everything is incorporated.

Taste & Adjust Sweetness: Taste the smoothie and add honey or maple syrup for extra sweetness, if desired. Blend again briefly to incorporate.

Adjust Thickness: If you prefer a thicker consistency, add a few ice cubes and blend again until smooth. If it's too thick, add a tiny splash more pineapple juice or water.

Pour & Garnish: Pour the smooth, creamy smoothie into a chilled glass (a hurricane glass or tall tumblers work well). Garnish with a fresh pineapple wedge on the rim or a bright cherry for a touch of color.

Serve Immediately: Serve immediately and enjoy your tropical escape!

Tips for Success:

Use Frozen Fruit: Relying on frozen fruit provides a thicker, colder smoothie without diluting the flavor with too much ice.

High-Powered Blender: A good quality blender will make quick work of the frozen fruit, resulting in a perfectly smooth consistency.

Adjust Liquids: Start with the minimum amount of liquid (pineapple juice/water) and add more slowly as needed to reach your desired blending consistency.

Taste Test: Always taste and adjust sweetness before serving.

Chill Your Glass: A chilled glass keeps your smoothie colder for longer.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

For another classic banana dessert, check out my [This Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas](#).

If you're a fan of unique banana-infused treats, you'll love my [Banana Pudding Rice Krispie Treats](#).

DIRECTIONS

1. **Making this :** Creamy Pina Colada Smoothie is incredibly simple - just blend and enjoy!
2. **Add :** Ingredients to Blender: Add the frozen pineapple chunks, banana (frozen preferred), coconut milk, Greek yogurt, pineapple juice, and shredded coconut (if using) to your blender.
3. **Blend :** Until Smooth: Blend on high speed until the mixture is completely smooth and creamy. Stop and scrape down the sides as needed to ensure everything is incorporated.
4. **Taste & :** Adjust Sweetness: Taste the smoothie and add honey or maple syrup for extra sweetness, if desired. Blend again briefly to incorporate.
5. **Adjust :** Thickness: If you prefer a thicker consistency, add a few ice cubes and blend again until smooth. If it's too thick, add a tiny splash more pineapple juice or water.
6. **Pour & :** Garnish: Pour the smooth, creamy smoothie into a chilled glass (a hurricane glass or tall tumblers work well). Garnish with a fresh pineapple wedge on the rim or a bright cherry for a touch of color.
7. **Serve :** Immediately: Serve immediately and enjoy your tropical escape!
8. **Tips for Success:** Use Frozen Fruit: Relying on frozen fruit provides a thicker, colder smoothie without diluting the flavor with too much ice.
9. **High-:** Powered Blender: A good quality blender will make quick work of the frozen fruit, resulting in a perfectly smooth consistency.

10. **Adjust : Liquids:** Start with the minimum amount of liquid (pineapple juice/water) and add more slowly as needed to reach your desired blending consistency.
11. **Taste : Test:** Always taste and adjust sweetness before serving.
12. **Chill : Your Glass:** A chilled glass keeps your smoothie colder for longer.
13. **Serving Suggestions and Pairings:** This Pina Colada Smoothie is perfect as a refreshing breakfast, a satisfying mid-day snack, a post-workout refuel, or a guilt-free dessert. It's ideal for summer mornings, poolside lounging, or simply when you're craving a taste of the tropics. For other refreshing summer sips, you might also enjoy my [This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days](#) or my vibrant [Refreshing Strawberry Mojito Recipe \(Perfect For!\)](#).
14. **Storage and Leftover Tips:** Pina Colada Smoothies are definitely best enjoyed immediately after blending for optimal texture and temperature. If you have a small amount leftover, you can store it in an airtight container in the refrigerator for a few hours, but it will lose some of its frosty consistency. You can blend it with a little more ice or frozen fruit to refresh it. Freezing blended smoothie is not ideal as it can separate.
15. **More Recipes You Will Love:** If you loved the creamy texture and banana goodness of this smoothie, here are a few more delightful recipes that I think you'll absolutely love:
16. For another classic banana dessert, check out my [This Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas](#).
17. If you're a fan of unique banana-infused treats, you'll love my [Banana Pudding Rice Krispie Treats](#).
18. For a fun and vibrant drink that's perfect for any celebration, my [This Rainbow Sangria Is My Favorite Colorful Drink for Any Celebration](#) is a fantastic choice.
19. And for a sweet dessert-inspired drink (for adults!), check out my [The Slippery Drink Is My Favorite Sweet Sipper for Dessert-Inspired Vibes](#).
20. **Final Thoughts:** This Pina Colada Smoothie is your perfect answer to summer cravings - creamy, tropical, and incredibly refreshing. It's easy to make, healthy, and delivers a delightful taste of paradise in every sip. Give it a blend, and enjoy your tropical escape!
21. What's your favorite fruit to put in a smoothie for a taste of summer? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

Frozen Fruit: Using frozen pineapple and a frozen banana is key for a thick, frosty smoothie without needing too much extra ice, which can dilute the flavor.

Coconut Milk: Canned full-fat coconut milk will yield a richer, creamier smoothie with a stronger coconut flavor.

Greek Yogurt: Plain Greek yogurt adds creaminess and a protein boost.

For a dairy-free option, use plain coconut yogurt.

TIPS FOR SUCCESS

Use Frozen Fruit: Relying on frozen fruit provides a thicker, colder smoothie without diluting the flavor with too much ice.

High-Powered Blender: A good quality blender will make quick work of the frozen fruit, resulting in a perfectly smooth consistency.

Adjust Liquids: Start with the minimum amount of liquid (pineapple juice/water) and add more slowly as needed to reach your desired blending consistency.

Taste Test: Always taste and adjust sweetness before serving.

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

Original recipe: <https://chefmaniac.com/pina-colada-smoothie-creamy-tropical-refreshing-blend/>