

Easy Piña Colada Smoothie with Pineapple and Coconut

If you're craving something refreshing, tropical, and incredibly easy to make, this

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INGREDIENTS

- 1 cup frozen pineapple chunks
- 1/2 cup coconut milk
- 1/2 cup Greek yogurt (plain or vanilla)
- 1 tablespoon honey (optional)
- 1/2 teaspoon vanilla extract
- 1/2 cup ice cubes

DIRECTIONS

1. Add ingredients to blender. Place the frozen pineapple, coconut milk, Greek yogurt, honey (if using), vanilla extract, and ice cubes into a high-speed blender.
2. Blend until smooth. Blend on high for 45-60 seconds until the smoothie becomes creamy and smooth.
3. Adjust consistency. Add extra pineapple or ice for a thicker smoothie, or a splash of coconut milk for a thinner texture.
4. Serve immediately. Pour into glasses and garnish with pineapple wedges or shredded coconut if desired.

SWAPS & NOTES

Frozen Pineapple Using frozen pineapple keeps the smoothie thick and eliminates the need for extra ice.

Coconut Milk Options Canned coconut milk will make the smoothie richer, while carton coconut milk creates a lighter drink.

Greek Yogurt Substitute You can replace Greek yogurt with coconut yogurt for a dairy-free option.

Natural Sweeteners Instead of honey, try: Maple syrup Agave nectar A ripe banana for natural sweetness
Step-by-Step Instructions Add ingredients to blender.

TIPS FOR SUCCESS

Use frozen fruit Frozen pineapple helps create a thicker, colder smoothie.

Blend thoroughly Make sure to blend long enough so the ice fully incorporates.

Taste and adjust sweetness Depending on the pineapple, you may not need additional honey.

Serve right away Smoothies taste best fresh when the texture is perfectly creamy.

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