

## The Ultimate 5-Minute Piña Colada Smoothie: A Tropical Escape in a Glass

1 cup (Frozen is better than fresh for a thick, slushy texture).



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

Frozen Pineapple Chunks: 1 cup (Frozen is better than fresh for a thick, slushy texture).

Coconut Milk: 1/2 cup (Canned for richness, or carton for a lighter version).

Greek Yogurt: 1/2 cup (Plain for a tangier profile, or vanilla for extra sweetness).

Honey: 1 tablespoon (Optional, depending on the sweetness of your pineapple).

Vanilla Extract: 1/2 teaspoon.

Ice Cubes: 1/2 cup (Only if you want an extra-frosty consistency).

Swaps and Notes:

**Dairy-Free:** To make this vegan, simply swap the Greek yogurt for coconut-based yogurt. It actually enhances the coconut flavor even further!

**Natural Sweeteners:** If you aren't a fan of honey, agave nectar or a very ripe banana work beautifully to round out the acidity of the pineapple.

**Liquid Choice:** If you want a lower-calorie version, use coconut water instead of coconut milk. You'll lose the creaminess, but it will be incredibly hydrating.

**Tropical Pairings:** This smoothie is a fantastic non-alcoholic alternative when you're serving up summer favorites like a Classic Margarita.

Step-by-Step Instructions:

1. Prep the Blender:

2. Layer the Solids:

3. Blend on High:

4. Adjust and Refine:

5. Serve with Style:

Tips for Success:

The "Frozen" Secret: Always use frozen pineapple. Fresh pineapple has a higher water content and won't give you that signature thick, creamy "frozen drink" texture.

High-Speed Blender: If you have a high-speed blender (like a Vitamix or Ninja), you'll get a much airier, smoother result. If using a standard blender, pulse a few times before running it continuously.

Chill Your Glass: If it's a hot day, put your glass in the freezer for 10 minutes before pouring. It keeps the smoothie from melting and maintains that "premium" temperature from the first sip to the last.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 210 kcal

Total Fat: 11g

Saturated Fat: 9g

Carbohydrates: 23g

Fiber: 2g

Sugar: 18g

Protein: 6g

Storage and Leftover Tips:

Enjoy Immediately: Smoothies are always best fresh. The texture begins to change as the frozen fruit thaws.

Fridge: If you have leftovers, store them in a mason jar in the fridge for up to 24 hours. Give it a vigorous shake before drinking.

Freezer Hack: Pour any leftover smoothie into popsicle molds! They make for incredible "Piña Colada Pops" that are a great healthy snack for kids.

More Recipes You Will Love:

## DIRECTIONS

1. **Prep the Blender:** Start by adding your liquid base-the coconut milk-into the blender first. Adding liquids before solids helps the blades move more freely and prevents "air pockets" that can stall your blender.
2. **Layer the Solids:** Add the Greek yogurt, frozen pineapple chunks, vanilla extract, and honey. If you're using ice cubes for a thicker "shake" style consistency, add those last.
3. **Blend on High:** Start the blender on a low speed to break up the frozen pineapple, then quickly increase to high. Blend for 45 to 60 seconds until the mixture is completely smooth and no ice chunks remain.
4. **Adjust and Refine:** Taste the smoothie. If it's too thick, add a splash more coconut milk. If it's too thin, add a few more frozen pineapple chunks. If the pineapple was particularly tart, you might want an extra drizzle of honey.
5. **Serve with Style:** Pour the smoothie into a chilled glass. For that premium "resort" feel, garnish with a fresh pineapple wedge, a maraschino cherry, or a sprinkle of toasted shredded coconut on top.
6. **Tips for Success:** The "Frozen" Secret: Always use frozen pineapple. Fresh pineapple has a higher water content and won't give you that signature thick, creamy "frozen drink" texture.
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the smoothie from melting and maintains that "premium" temperature from the first sip to the last.

9. **Serving Suggestions and Pairings:** This Piæa Colada Smoothie is the perfect companion for a summer brunch spread. It pairs beautifully with light, fruit-forward dishes. If you're hosting a backyard gathering, consider serving this as a refreshing non-alcoholic option alongside a This Rainbow Sangria.
10. For a complete tropical-themed afternoon, follow up this smoothie with a slice of Easy Ice Cream Sandwich Cake-it keeps the "no-bake, stay cool" theme going perfectly.
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19. **Fridge:** If you have leftovers, store them in a mason jar in the fridge for up to 24 hours. Give it a vigorous shake before drinking.
20. **Freezer :** Hack: Pour any leftover smoothie into popsicle molds! They make for incredible "Piæa Colada Pops" that are a great healthy snack for kids.
21. **More Recipes You Will Love:** If you enjoyed this tropical escape, check out these other refreshing favorites from [chefmaniac.com](http://chefmaniac.com):
22. **Refreshing :** Blueberry Lemonade - The ultimate sunny day sipper.
23. **Classic :** Margarita Recipe - For when you want the adult version of a tropical treat.
24. **Strawberry :** Mojito - A bright, zesty, and minty classic.
25. **Rainbow :** Sangria - The most colorful way to celebrate.

## SWAPS & NOTES

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## TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/the-ultimate-5-minute-pina-colada-smoothie-a-tropical-escape-in-a-glass/>