PINA COLADA

Oh yes we did!
Here's a healthy pina colada that you can enjoy without all the fat and extra calories!
Enjoy this cold beverage at the pool, sitting on your back deck or after a workout ;)



Ingredients:

- 1/2 cup unsweetened vanilla coconut milk
- 1/2 scoop vanilla protein powder
- 1/2 frozen banana
- 1/2 frozen pineapples
- 2tsp unsweetened coconut flakes
- 1/4 - 1/2 cup cold water as needed to blend (or add 1-2 oz of rum for adult version!)

Directions:

Add all ingredients to blender and blend until smooth. Makes 1 serving. Enjoy!

Nutrition Info:
Calories 268, Prot 22g, Carbs 31g, Fiber 4g, Sugar 15g, Fat 8g, Sat fat 5g, Chol 0mg, Sodium 302mg
Reference: www.toneitup.com