



Pina Colada Smoothie

Ingredients:

- 11 cups cubed fresh frozen pineapple**
- ¾ cup pineapple juice (chilled)**
- 1/8 cup cream of coconut**
- ½ cup ice cubes**
- ½ cup fat free vanilla frozen yogurt**

Directions:

- **Blend ingredients in the following order, achieving a smooth texture before adding the next: juice and cream, pineapple and ice (one at a time), yogurt.**
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- **Makes 1 Smoothie.**

