

# Pina Colada Smoothie by Lynn's Recipes

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Lynn demonstrates how to make a refreshing Pina Colada Smoothie. This is super delicious and you can add Rum, if you desire.

## Ingredients:

- 1 small pineapple or ½ medium pineapple, cut into small chunks
- 1 can coconut milk
- 1 cup pineapple juice
- Pinch of nutmeg, optional for garnish

Place the prepared pineapple in a blender. Add the coconut milk and pineapple juice and blend to a smooth consistency. If you prefer the smoothie sweeter, add a little sugar or agave nectar.

Pour into a glass and sprinkle nutmeg on top for garnish, if desired.

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[www.lynnrecipes.com](http://www.lynnrecipes.com)

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[Click here for a handy Conversion Chart](#)