

Pina Colada Smoothie

1 cup nonfat plain Greek yogurt
½ cup to 1 cup frozen pineapple
½ cup to 1 cup frozen mangoes
½ cup “lite” coconut milk
½ tsp Watkins Coconut Extract
½ tsp Watkins All Natural Original Gourmet Baking Vanilla
Unsweetened coconut flakes for garnish

Combine yogurt, pineapple, mangoes, coconut milk and extracts in blender. Puree until smooth.

Garnish with pineapple & coconut flakes if desired.

Recipe from: trustednaturalhomeproducts.com