



Paradise Pina Colada Smoothie

*If there is one unmistakably delicious flavor sensation, you know it's the fresh, tropical taste of a cool, creamy, frozen Pina Colada. Oh my goodness! You are just going to love the classic flavors and supernaturally healthy benefits of fresh cut pineapple, silky vanilla yogurt, and island fresh coconut. So put on your hula and sing hallelujah, as we set sail for a true tropical experience, without ever leaving home! **Try my Paradise Pina Colada Smoothie today!***

Ingredients: * *Use organic ingredients as often as possible!*

3 oz coconut water
6 oz Stonyfield Farm brand whole milk French Vanilla yogurt
8 oz frozen pineapple chunks
1 teaspoon Garden of Life Brand Extra Virgin Coconut Oil
1 tablespoon ground flaxseed
1 tablespoon wheat germ

Garnish:

Organic whipped cream
Fresh mint and pineapple slice
**1 teaspoon organic toasted coconut*

Instructions:

* Toast coconut in toaster oven for about **4 minutes**. **Watch carefully as coconut can burn easily**. Into the blender, combine the coconut water, yogurt, frozen pineapple, extra virgin coconut oil, flaxseed and wheat germ. Blast the smoothie or blend button and whirl until well blended. Top with whipped cream. Garnish with fresh mint sprig, pineapple slice and toasted coconut. *Add a straw, sit back and sip your way to a **Super-Naturally Healthy** Tropical island experience!!*

* **Super-Naturally Healthy Tip!** ~ Splurge and buy organic ingredients for this smoothie, especially the flaked coconut. Traditional flaked coconut contains added sulfites which can trigger migraine headaches in sensitive individuals. Skip the sulfites, skip the headache! Go organic!

