

Pineapple Banana Smoothie

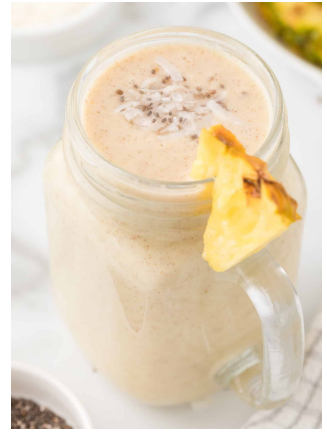
This Pineapple Banana Smoothie is naturally hydrating and refreshing, and full of tropical flavors. You only need five ingredients for this creamy smoothie that is the perfect breakfast or snack.

Adapted from: Carrie Forrest

Prep Time 5 mins

Cook Time 1 mins

Total Time 6 mins



Ingredients

- 1 cup milk (we used coconut and oat milk)
- 4-6 ice blocks (we used frozen pineapple juice)
- 1 cup cubed pineapple
- 1 banana, cut into chunks
- 1 tablespoon chia seeds

Instructions

1. In the base of a blender, combine the milk, ice blocks, pineapple, banana, and chia seeds.
2. Blend on high for about 30 seconds, or until the mixture is thick and creamy.
3. Serve immediately.