

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Pina Colada Protein Shake

From www.paleomg.com

Serves 2

1 frozen banana

1 cup frozen cubed pineapple

$\frac{2}{3}$ cup coconut cream (the thick cream that rises to the top of a can of coconut milk)

1 - $1\frac{1}{2}$ cup almond milk (depending how thick you want your shake)

2 tablespoons vanilla protein powder

$\frac{1}{2}$ tablespoon ground chia seeds

$\frac{1}{2}$ teaspoon coconut extract

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1. Place all ingredients for the shake in a blender and blend until smooth.
2. Serve in two glasses. Or one. Then drink it.