

# Pina Colada Smoothie with Collagen



## Ingredients

- 1 cup frozen pineapple
- 1/3 of a banana
- 1/3 cup pineapple juice
- 1/3 cup coconut milk
- 1 scoop collagen
- 1 cup of ice



## Directions

1. Add everything to a blender and blend until smooth. You may need to add additional coconut milk to get the desired consistency.