

# PINEAPPLE-TOASTED COCONUT SMOOTHIE



**DIFFICULTY**  
EASY



**TIME**  
5 MIN



**SERVES**  
1

## INGREDIENTS

½ Cup Frozen Pineapple Pieces

¾ Cup Frozen Cauliflower Pieces

1/2 Cup Boxed Coconut Milk

2 Tbsp Toasted Coconut flakes

Sweetener to taste, optional

1 Tbsp Collagen Powder, optional

## DIRECTIONS

1. Put all ingredients in blender and process until smooth.

## NUTRITION FACTS PER SERVING

Calories: 185    Fat: 10.7g (Saturated Fat: 9.3g)    Carbohydrates: 22.1g    Fiber: 4.5g    Sugar: 15g    Protein: 2.7g



CALIFORNIA SCHOOLS  
**VEBA**

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