



### **Pineapple Milkshake (vegan, gluten free, sugar-free, soy free)**

#### **Ingredients:**

- **1 medium pineapple**
- **1/4-1/3 cup coconut cream**
- **Dash of Himalaya salt**

#### **Instructions:**

- 1. Peel the pineapple and cut it into cubes. Place in container and freeze for 2-3 hours.**
- 2. Pour 1/4 coconut cream into bottom of high speed blender. Add the frozen pineapple, and dash of salt, and blend until smooth. You can add a bit more coconut cream if the mixture needs to blend better.**
- 3. That's it! Enjoy the fresh, healthy, vegan pina colada taste!**