

Pineapple Greek Yogurt Smoothie

submitted by defilexhalo



Per serving: 205 Calories • 26.6g Carbs (1.1g Fiber) • 5g Fat • 13.6g Protein

Ingredients

Ingredients scaled to: 2 serving

1 cup **Almond milk** (240 grams)

1/2 cup, chunks **Pineapple** (82.5 grams)

2 cup (8 fl oz) **Plain yogurt** (490 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Combine all ingredients in a blender and pulse until smooth. Enjoy!