

Banana-Pineapple Colada

"This tropical smoothie is creamy and cool, just perfect for a quick breakfast or mid-afternoon refreshment. You also get a hefty dose of B vitamins, calcium, vitamin C, and magnesium in this delicious smoothie".

Makes 1 generous cup

INGREDIENTS:

- 1 cup pineapple chunks, fresh or canned juice
- 1 banana, peeled
- 1/2 cup low-fat vanilla soymilk
- 1 teaspoon coconut extract
- Crushed ice (optional)

DIRECTIONS:

- Place all ingredients in a blender.
- Blend on high speed until smooth.

The Food and Mood Cookbook by Elizabeth Somer: page 268