

PINA COLADA SMOOTHIE
(The Cooks Next Door)

1 c. vanilla yogurt
2 Tb. shredded coconut
8-10 oz. crushed pineapple w/juice
1/2 banana
1/2 c. milk
1/4 tsp. vanilla extract
8 ice cubes

Put all ingredients in the blender and blend until smooth. The coconut will still have some texture, so if you don't prefer that, you can make a pineapple-banana smoothie and omit the coconut.