

Pineapple Drink

A touch of the tropics, no matter where you live! If you buy the pineapple in a can, be sure to pick the kind without added sugar.

Serves: 1

Ingredients

- 1½ cup crushed pineapple in natural juice
- 8 ounces cold purified water or organic nonfat milk
- 2 tablespoons [vanilla protein powder](#)
- 1 teaspoon organic honey

Directions

1. Blend to desired consistency and enjoy!

