

Luau Luscious Milkshakes

Serves: 2

Serving Size: 1 glass

Preparation Time: 10 minutes

Ingredients:

1 banana

1 cup drained, crushed pineapple

2 tablespoons coconut

2 teaspoons honey

1 cup low fat milk

Directions:

Put all of the ingredients into a blender. Make sure to have a grown up with you to help you use the blender. Blend until your milkshake looks smooth. You can add a few ice cubes in if you would like.