

Pineapple Smoothie

Refreshing vegan pineapple smoothie with banana and carrot juice. Ready in 10 minutes with frozen fruit for creamy, tropical flavor.

10 min

PREP

10 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Ingredients

- 3 cup orange juice
- 2 carrot
- 1 cup pineapple
- 1 banana

Instructions

- 1 Prepare the base**

Add 3 cups of pineapple chunks and 1 cup of liquid to a blender.
- 2** Add 2 frozen fruit pieces to the blender for thickness and creaminess.
- 3 Blend the smoothie**

Blend on high speed for 60-90 seconds until the mixture is completely smooth and no chunks remain.
- 4** Stop blender and scrape down the sides with a spatula if needed, then blend for another 15-30 seconds until uniformly smooth.
- 5** Taste and adjust sweetness if desired by adding honey or sugar, then blend for 10 seconds more to incorporate.
- 6** Pour immediately into a chilled glass and serve right away while cold and frothy.

Tips

Use frozen fruit for the thickest, creamiest texture without diluting the flavor with ice cubes.

Juice your carrots fresh for the best flavor and nutritional content – store-bought carrot juice often contains added sugars.

Taste your pineapple before blending to determine if additional sweetener is needed, as sweetness varies greatly between fruits.

Add liquids first when blending to help the frozen fruit incorporate more easily and prevent motor strain.

Let frozen fruit sit at room temperature for 5-10 minutes if your blender struggles to process the hard chunks.

Store cut pineapple and banana on parchment-lined trays before transferring to freezer bags to prevent large frozen clumps.

Start with less liquid and add more gradually until you reach your preferred consistency.

Boost the protein content by adding a scoop of vanilla plant-based protein powder or a tablespoon of almond butter.