

Pineapple Smoothie

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

10	10	1	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Pineapple Smoothie

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.