



Sip of Sunshine-This Sensational & Simple Pineapple Smoothie will make you Smile 🌞

The *Sip of Sunshine Smoothie* blends juicy pineapple, creamy coconut milk, ripe banana, and fresh ginger into one bright, refreshing drink that tastes like vacation and works like medicine.

With just four ingredients, this smoothie delivers digestive enzymes, immune-boosting vitamin C, anti-inflammatory ginger, fiber to feed your gut microbiome, natural potassium-rich sweetness from banana, and healthy fats to fuel your body and brain. It gives you a clean energy boost without the crash—and thanks to all those antioxidants, it helps your skin glow from the inside out.

It's dairy-free, naturally sweet (no added sugar!), and loaded with ingredients your body will love.

Let's make it together! 🌞

Ingredients

- 1 cup coconut milk, organic
- 1 banana (fresh or frozen), organic
- 1 tsp fresh grated ginger, organic
- 1 cup pineapple (fresh or frozen), organic
- Ice, as needed

Instructions

1. Load everything into your blender in the order listed. Blend for 1–2 minutes until smooth and creamy. Add more ice if you want it thicker and colder.

Cheers to your glow-up! 🍹

Watch the YouTube demo [HERE](#)