

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Taste of the Tropics



1 13.5 oz. can coconut milk

1 banana

1 teas vanilla

2 cups fresh pineapple or 16 oz. can with juice

1 cup ice

Put all ingredients in the blender and blend on high until smooth. Serve immediately as a smoothie or omit ice and pour into Popsicle molds and freeze.