

## Quick Ways To Prepare

# Pineapple

## For Your

## Breastfeeding Diet



### Mixed Pineapple Smoothie

1. Blend pineapple, mango, blueberries, and banana with spinach, chia, or flax seeds.
2. Add half a cup of unsweetened almond milk with rolled oats and honey to taste.
3. Blend with some ice and enjoy a thick and creamy smoothie.



### Virgin Piña Colada Pie In A Jar

1. Heat some crushed pineapples until they thicken into a jam-like consistency.
2. Mix soft cheese and sugar in a bowl by folding both ingredients together.
3. Layer a jar with butter followed by crushed graham crackers. Add to it layers of pineapple and cheese mixture.



### Pineapple Coconut Overnight Oats

1. In a bowl of 1 ½ cup of rolled oats, add some pineapple flavor Greek yogurt, pineapple juice, unsweetened coconut milk, and ground cinnamon.
2. Mix it all and refrigerate overnight.
3. Take it out and top it with fresh-cut pineapples and shredded coconut before relishing.