



Blended Pina Colada

Ingredients:

1.5 cups pineapple chunks, frozen, unsweetened

¼ cup ice

1 cup 100% pineapple juice

1 cup unsweetened coconut milk

Option: 1 tablespoons brown sugar

Maraschino cherry, fresh or jarred

Instructions:

1. Add all ingredients to blender except maraschino cherries.
2. Puree until smooth. Add brown sugar (if using) until desired sweetness.
3. Garnish with maraschino cherry!

Variations:

Add strawberries for a new flavor!

Prep Time: 0

Cooking Time: 5

Equipment

Servings: 3

Serving Size: 1 cup



Nutrition Facts:	234	15 g	13 g Saturated	28g	2g	3g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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