

 **HearingLife**



**Enjoy a
healthy treat
this month!**



Mocktail

The Yummiest Non-Alcoholic Banana Piña Colada Ever

Prep Time: 1 min.

Cook Time: 2 min.

Total Time: 3 min.

Calories: 175 kcal

Yields: 4 cups

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INGREDIENTS

- 1 1/2 cup pineapple juice (not from concentrate)
- 1 cup cream of coconut
- 1 ripe banana, cut in half
- maraschino cherries
- 4 cups ice

INSTRUCTIONS

1. Slice fresh pineapple into triangles with a slit in the center (this will help it sit along the rim of the cup). (optional)
2. Add all of the main ingredients into a blender.
3. Blend on medium for approx. one minute, until everything is smooth.
4. Pour your drink into the cups and add cherries. Serve immediately.

EQUIPMENT NEEDED

- A strong blender

