

Beverages

Pineapple Pina Colada

Sidney M Fry, MS, RD

Cooking Light Magazine - September, 2012

Servings: 1

If you use frozen fruit, you may not need as much ice. Frozen fruit is as nutrient-packed as fresh fruit - just choose those with no added sugars.

If you do not wish to use dairy products, most milk alternatives (soy, rice) have roughly the same calories as 1% milk - about 100 per cup.

1/2 medium banana

1/4 cup light coconut milk

1 cup chopped fresh pineapple

1/4 cup chilled pineapple juice

1/2 cup crushed ice

Place all of the ingredients in a blender. If adding ice, place it in the container last.

Process until smooth.

Serve in a tall glass, preferably chilled.

Per Serving (excluding unknown items): 164 Calories; 4g Fat (19.2% calories from fat); 2g Protein; 35g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 2 1/2 Fruit; 1/2 Fat.