

Creative Gourmet

Fresh Pina Colada Smoothie



Serves
4



Prep Time
5 mins



Cook Time
0

Ingredients

- ½ cup Creative Gourmet Frozen Coconut Chunks
- 1 cup Creative Gourmet Frozen Pineapple Pieces
- 1 ½-2 cups Creative Gourmet Coconut Water
½ Lemon (squeezed)
- Sprig of mint
- Optional (Sweeten with stevia or 2-3 teaspoons sugar)
- Optional (30mls rum)
- Ice



Products Used In This Recipe

Method

1. In a blender place frozen coconut, frozen pineapple, coconut water, lemon juice, mint and blend for 3-4 minutes until coconut is thoroughly pureed.
2. Add sweetener and taste after a quick blend.
3. Add rum and ice to taste.
4. Garnish with a sprig of mint, a piece of pineapple and a cocktail umbrella.