

Virgin Banana Piña Colada



Ingredients

- 2 very ripe bananas
- 1 cup diced fresh pineapple, plus 4 wedges for garnish
- 1 cup pineapple juice
- ½ cup “lite” coconut milk
- 3 cups ice cubes

Directions

1. Puree bananas, diced pineapple, pineapple juice, coconut milk and ice in a blender.
2. Divide among 4 glasses.
3. Garnish with pineapple wedges.

Nutrition Facts

Serving:	1 drink
Servings Per Recipe	4
Calories	130
Total Carbohydrate	28g
Dietary Fiber	2g
Total Sugars	18g
Protein	2g
Total Fat	2g
Saturated Fat	2g
Sodium	12mg