



Pina Colada Ice Cream

2 servings

5 minutes

Ingredients

- 1 Banana (sliced and frozen)
- 1 cup Pineapple (cut into chunks and frozen)
- 1/4 cup Organic Coconut Milk (canned)

Nutrition

Amount per serving	
Calories	147
Fat	6g
Saturated	5g
Carbs	25g
Sugar	16g
Protein	1g
Cholesterol	0mg
Sodium	9mg

Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

It's 5 O'Clock Somewhere, Add rum.