



## Lighten Up Spring Pina Colada N-Ice Cream

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**WELLNESS ADVICE NOW**

This deliciously refreshing non-dairy dessert will have you wanting more ! Low in calories, nut free and no added sugar.



# Pina Colada N-Ice Cream

4 SERVINGS 5 MINUTES



## INGREDIENTS

- 2 Banana (sliced and frozen)
- 2 cups Pineapple (cut into chunks and frozen)
- 1/2 cup Canned Coconut Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	147	Calcium	15mg
Fat	6g	Iron	0mg
Carbs	25g	Vitamin D	0IU
Fiber	3g	Vitamin E	0mg
Sugar	16g	Vitamin B6	0.3mg
Protein	1g	Folate	27µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	9mg	Magnesium	26mg
Vitamin A	86IU	Zinc	0mg
Vitamin C	45mg	Selenium	1µg

## DIRECTIONS

- 01 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 02 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.

