



Pina Colada

½ Cup of water
1 Cup non-fat dry milk
1 Slice canned pineapple, with
1 tblsp Juice, no sugar added
Artificial sweetner to equal 2tsp sugar
¼ tsp Coconut extract (optional)
¼ tsp Rum extract

Method:

Combine all ingredients in container. Process with MINCER for about 30 seconds. Serve over crushed ice cubes.

Each serving is equivalent to:

1 serving milk and ½ serving fruit.