

PINA COLADA

Ingredients:

- 1 cup fresh pineapple chunks
- 15ml freshly squeezed lemon juice
- 50mls coconut kefir
- 1 large tablespoon of coconut yoghurt
- 50mls organic coconut milk
- A few large cubes of ice
- Your choice of decoration - pineapple leaf and an 1/8 of a slice of fresh pineapple - we've done slithers of ginger here

METHOD:

PRED: Blitz the first 6 ingredients together in a blender till creamy and frothy.

SERVE: Pour immediately into prepared cocktail glass

DECORATE: Garnish as you wish!