

## Tropical Bliss Piña Colada: A Healthy, Zesty Twist

Dive into a tropical escape with this revitalizing piña colada, where creamy coconut milk meets the natural sweetness of banana and pineapple. The zesty kick of ginger and lime adds a refreshing twist, while a pinch of turmeric infuses a subtle warmth and a boost of anti-inflammatory goodness. This drink is not just a taste of paradise; it's a nourishing blend that brings the tropics to your glass—guilt-free!

Use organic ingredients whenever possible.

### Ingredients

1 can unsweetened light coconut milk  
½ whole fresh pineapple, cut onto cubes  
1 lime, zested then juiced  
1 banana, preferably frozen and slightly dethawed  
½" ginger, peeled & grated  
Pinch of dried turmeric (about 1/8 tsp)  
Ice

Garnish Ideas: lime wedge, strawberry, sliced pineapple

### Procedure

1. Remove frozen banana from the freezer. Set aside.
2. Peel and chop pineapple into cubes. Set aside
3. Using a micro planer zest the lime, then cut it in half and juice it. Set aside
4. Peel and grate ginger. Set aside.
5. Add coconut milk to blender.
6. Add remaining ingredients and blend well. You are looking for a slightly thick consistency -like a milk shake. Add ice a little at a time to get to that consistency as needed.
7. Serve in a fancy glass with your favorite garnish

Cheers!