

Mama's Mocktail Pina Colada Refresher

Yummy flavors from REAL fruit make this mama mocktail delicious and nutritious!

Essential Pregnancy Nutrients:

Vitamin C: Pineapple juice

Omega 3: Hemp Seeds

Manganese: Coconut Milk

Fiber: Pineapple



INGREDIENTS

- 4 oz coconut milk
- 4 oz pineapple juice
- Fresh lemon juice to taste
- 2 oz Seltzer
- Ice
- Hemp seeds for the rim
- Pineapple to garnish (and eat!)

PREPARATION

1. Mix all the ingredients together in a glass and stir.

Prep Time: 2 minutes
Cook Time: 0 minutes