

HEALTHY COCONUT REFRESHER



A **REFRESHING** way to enjoy
your daily intake of an
ESSENTIAL mineral!

✦ INGREDIENTS ✦



1 Serving
MaryRuth's Liquid
Ionic Zinc



1/2 Cup
Pineapple Juice



1/4 Cup
Coconut Milk



Pineapple Slice
(For Garnish)

✦ INSTRUCTIONS ✦

1. Add ice, pineapple juice, and coconut milk to a shaker.
2. Shake until chilled, pour into a glass with ice, and stir in MaryRuth's Liquid Ionic Zinc.
3. Garnish with a slice of pineapple and enjoy!