

PINA COLADA PARADISE

Created By June Ok
MRO's Summer Intern Class of 2022



A **DELICIOUS** tropical drink
to sip on & support sleep!



+ INGREDIENTS +



1 Serving (2 Tbsp)
MaryRuth's Liquid Nighttime
Multimineral Pineapple Dream



1/3 Cup
Coconut Milk



1/3 Cup
Pineapple Juice



3/4 Cup
Frozen Pineapple



1/4 cup
Ice



Monkfruit to Taste
(Optional)

+ INSTRUCTIONS +

1. Blend coconut milk, pineapple juice, frozen pineapple, and ice in a personal blender until smooth.
2. Take off blender and stir in Liquid Nighttime Multimineral in Pineapple Dream.
3. Add in monkfruit to desired sweetness (optional).
4. Pour into cup and garnish with coconut whipped cream and/or pineapple.
5. Sweet dreams!