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## **CRUSH IT! Café: Skinny Pina Colada Mocktail**

Our newest ABC flavor Pina Colada has amazing flavor and blends perfectly into a lightened up version of the classic drink. This drink is a skinny mocktail but add a shot of rum to make it into a delicious cocktail.

### **Ingredients:**

1 scoop (10g) Core Nutritionals ABC Pina Colada  
30g pineapple chunks  
¼ cup (60mL) lite coconut milk  
¾ cup cold water  
6-7 ice cubes  
*(Optional 1 shot of rum)*

### **Directions:**

In a blender, combine all ingredients and blend until smooth. Best served immediately.

### **Nutrition:**

Serving size: 1 drink, 50 calories, 0.5g Protein, 5g Carbohydrates, 3.4g Fat  
Recipe makes one 12oz drink