

Hawaiian Milk Cooler

Yield: 1 serving

Ingredients:

½ cup unsweetened pineapple juice
1 cup skim (fat-free) milk
¼ teaspoon vanilla extract
¼ teaspoon coconut extract
1½ teaspoons sugar

Procedure:

Pour pineapple juice into ice tray and freeze as cubes. Combine all ingredients except pineapple juice cubes in a blender and blend on high speed until frothy. Add cubes and continue blending until mixture resembles a milkshake. Pour into a glass and serve immediately.

about 185
calories and
less than
1 gram of fat
per serving

A serving of Hawaiian Milk Cooler also contains about one-fourth of the daily recommendation for vitamin C and one-third of the daily recommendation for calcium.



Hawaiian Milk Cooler