

## Pina Colada

Use organic ingredients whenever possible for better taste and greater health.



### *Ingredients:*

- ½ fresh or frozen banana with water
- ½ cup chopped pineapple
- 2 scoops of Balance Complete or Power Meal
- 2 cups of coconut milk
- 1 drop Young Living lemon oil

### *Instructions:*

1. If frozen banana is used, put frozen banana and a little water in blender and blend until smooth.
2. Put the rest of the ingredients into blender and blend until smooth.
3. Serve.