



## Caribbean Milk Cooler

Makes 4 servings

Prep Time: 10 min

Cook Time: 5 min



### Ingredients:

2 cups fat-free or low-fat milk

2 cups unsweetened pineapple juice

1 tablespoon vanilla extract

1 tablespoon coconut extract

2 tablespoons sugar

Ice cubes

Mint sprigs (optional)

In a blender container, combine all ingredients except ice cubes and mint and blend on high speed until frothy. Pour into four tall glasses filled with ice cubes. Garnish with mint sprigs if desired.

**Note:** For a thicker drink, freeze pineapple juice in an ice cube tray. Blend these pineapple cubes with all other ingredients except mint. Omit regular ice cubes. Serve in a chilled glass.

### Nutritional Facts per serving for individual food recipe:

Calories: 160

Total Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 75 mg

Calcium: 20% Daily Value

Protein: 5 g

Carbohydrates: 31 g

Dietary Fiber: 0 g