

Pineapple Tropical Drink

Ingredients:

- 4oz pineapple juice
- 4oz ice (1/2 cup)
- 4 mint leaves



Nutrition Facts

Serving Size 8oz (114g)
Servings Per Container

Amount Per Serving

Calories 60 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 15g **5%**

Dietary Fiber 0g **0%**

Sugars 14g

Protein 0g

Vitamin A 2% • Vitamin C 10%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Instructions:

1. Wash the mint leaves.
2. Blend all the ingredients in a blender until frothy. Makes one small serving of 8oz. For larger servings use the ratio of 1:1 for juice and ice and 1 mint leaf for each oz of juice.