

Caribbean Piña Colada

Piña Coladas appear to be one of the more popular drinks in the Caribbean. I have to admit that I am not a great fan of mixed drinks using hard liquor, as I cannot think of any health benefits to hard liquor, and there are several health risks if used regularly. But by adding fresh pineapple and coconut milk with the rum, this is about as good as a mixed drink can get (provided you don't add sugar to it).

If you prefer a cocktail without alcohol, then just skip the rum, and you have an awesome and refreshing drink.

Piña Coladas originated in Puerto Rico—the recipe generally includes 3 parts pineapple juice, 1 part light rum, and 1 part coconut cream (typically with lots of sugar added). Adding the fresh pineapple, real coconut milk (no sugar added), and cinnamon adds valuable fiber, nutrients, and it tastes better too. The fresh pineapple adds plenty of natural sweetness. The cinnamon also can help block any rise in blood sugar level from the natural sugar in the pineapple.

Prep Time: 5 Minutes

Serves: Four

Ingredients:

1.5 cups fresh pineapple chunks

½ cup whole coconut milk

½ cup dark rum (optional)

½ cup ice

4 dashes cinnamon powder

Directions:

Combine pineapple, coconut milk, rum, and ice in a blender and blend until smooth.

Garnish each serving with a couple dashes of cinnamon powder and a pineapple wedge.

Enjoy,

Steven Masley, MD