



### **Tara Clancy's Recipe : Griña Colada**

If you love piña coladas like me, you'll love this healthy version that gives you all the goods: healthy fats, anti-inflammatory bromelain, potassium, bowel-friendly leafy greens & crowd-pleasing flavor!

### **SLEEP STRATEGY**

Enjoy your Griña Colada for breakfast, lunch or an early dinner. Be sure to finish this drink at least 4 hours before you go to bed.

### **INGREDIENTS**

- 3 ounces of coconut milk (canned; use solids and liquid)
- 1/2 cup frozen pineapple chunks
- 5-10 leaves of fresh baby spinach
- 1/2 of a medium-sized banana

### **DIRECTIONS**

Place all ingredients in a blender. Blend for 2 minutes\* and serve. Straw and orange slice garnish are optional but kids love 'em!

\*If you need more liquid, add one ounce of liquid from the coconut milk can until the blender moves the contents.

Serves 1