

# Herbal Legacy Recipes

## Jurassic Griña Colada

### INGREDIENTS:

- 1 Cup pineapple juice (or 1 1/3 cup frozen pineapple chunks)
- 1 coconut
- 2 heaping Tablespoons Jurassic Green

### DIRECTIONS:

1. Pour pineapple juice into ice cube tray and freeze for at least 6 hours.
2. After juice has frozen, poke a hole into one of the “spots” on your coconut and drain the milk from the coconut. Collect the coconut milk into a bowl as it drains. You will need about 1 cup of the coconut milk.
3. Add pineapple ice cubes/chunks, coconut milk and Jurassic Green to blender.
4. Mix well. Pour into glasses. Add a mini paper umbrella and a straw.



Enjoy!

Serves 2

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