

Pina Colada Nice Cream

Dreaming of a tropical paradise? Transport your tastebuds with this refreshing Pina Colada nice cream.

Each flavourful scoop is loaded with **CanPrev's L-Glutamine** and **Collagen Full Spectrum Powder** - so good your body will definitely thank you. Paired with pineapple to reduce inflammation, this recipe is great for muscle recovery.

Say hello to your new summer staple!



Preparation time: 10 mins | Servings: 3



Ingredients

- 3 large frozen bananas
- 1 cup frozen pineapple
- ½ cup coconut cream
- ¼ cup honey
- ¼ cup roasted almond butter
- ½ tbsp ginger powder, or 1 tbsp freshly grated ginger root
- ½ tsp salt
- 4 scoops L-Glutamine
- 2 scoops Collagen Full Spectrum Powder
- 1-2 scoops Multi-Mix Multivitamin

Method

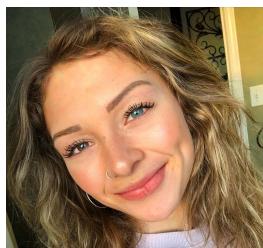
1. Add all ingredients to a blender, and blend on high for 30 seconds, or until smooth.
2. Pour into an airtight container and freeze overnight.
3. Remove from freezer and thaw at room temperature for 10 minutes before serving.
4. Add your favourite toppings, and enjoy!

Recommended Toppings: coconut flakes, bee pollen, a drizzle of honey and crushed almonds!

Featured Products



Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

