



Creative Juices
Consulting

24 Hours of Booty 2014

Pineapple Cream

16 ounces frozen pineapple
½ cup Fage® Greek nonfat yogurt
1 orange, peeled with pith remaining
1 ½ cups vanilla almond milk
1 Tbsp honey
1 inch candied ginger
Ice

Place all ingredients in VitaMix® and blend until smooth. This recipe was developed during 24 Hours of Booty. When temperatures soared toward 93 degrees, this was the PERFECT creamy cool drink for the cyclists.