

# Virgin Pina Colada Mocktail

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/puerto-rican-pina-colada-recipe-virgin>

## Ingredients:

- 3/4 cup coconut milk
- 1 cup pineapple juice
- 1 cup crushed ice optional
- 1/4 cup crushed pineapple optional
- 2 tablespoons brown sugar optional and adjust to taste

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 17 grams
3. Fat: 11 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 9 grams
7. Sodium: 10 milligrams
8. Sugar: 13 grams

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