

Banana Piña Colada

Serves 4

2 frozen ripe bananas
128g fresh pineapple chunks (tinned will work if you cannot find fresh)
236ml pineapple juice
1/2 can coconut milk (full fat or light) – frozen into cubes
Coconut flakes for garnish
Fresh pineapple wedges for garnish

Add all of the ingredients except the coconut flakes and pineapple wedges to your blender. Blend until smooth and creamy. If you are adding rum, add it after it is creamy and blended, and blend again quickly to mix it in. Pour into 4 glasses, serve each topped with coconut flakes and garnish with a fresh pineapple wedge.

Lemon Pineapple Kiwi Sparkling Mocktail

Serves 2

2 kiwis
3 teaspoons pineapple juice
1 teaspoon honey
350ml sparkling lemon water

Peel and slice one kiwi and place into a food processor or blender.
Add your pineapple juice and honey.
Blend these ingredients together.
Pour three-quarters of a cup sparkling water into each of the two glasses.
Divide the purée and pour in each glass.
Slice second kiwi and add one slice to the rim of each glass.

Cinderella (1 serving)

25ml lemon juice
25ml pineapple juice
25ml orange juice
1 dash of grenadine
sparkling water or soda water to top up

Shake the ingredients well with ice and strain into a tall tumbler glass. Top up with sparkling or soda water and decorate with pineapple slices or gummy bears on a cocktail stick.

Carib Cream (1 serving)

1 small banana, chopped
25ml lemon juice
25ml milk
1 teaspoon finely chopped walnuts
sugar strands for decoration

Put the banana, lemon juice and milk in a blender with some crushed ice and blend on maximum speed for 30 seconds. Put into a cocktail glass and sprinkle sugar strands on top, just before serving.

St Clements (1 serving)

50ml orange juice
50ml bitter lemon

Stir the ingredients well with ice in a shaker or jug and strain into a tall tumbler. Add ice cubes and decorate with orange and lemon slices.

