Husker Volcano

Varsity Sports cafe - Omaha and Bellevue, NE AAA Great Pretenders Party Guide

2 ounces blended strawberries or strawberry puree' 2 to 2-1/2 cups ice 2 ounces pina colada or coconut base 1 ounce orange juice 1 ounce pineapple juice 1/2 medium banana orange or other fruit slice (for garnish) Pour the blended strawberry into the bottom of a frozen glass.

Blend the ice, pina colada or coconut base, sliced banana, pineapple juice and orange juice until thick and smooth. (Add more ice, if preferred.)

When finished, pour slowly over the blended strawberry in the frozen glass to allow an even mix.

Garnish with an orange slice or other fruit slice to taste.

Per Serving (excluding unknown items): 83 Calories; trace Fat (3.6% calories from fat); 1g Protein; 21g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 1/2 Fruit.