



FOOD ACTIVITY:

Volcanic Colada

What You'll Need:

- ✓ Mom or Dad's help
- ✓ Blender
- ✓ Measuring cup
- ✓ 4 large glasses

Ingredients:

- ✓ 2 cups frozen sliced strawberries in juice, defrosted
- ✓ 2 cans coconut milk drink mix (recommended: Coco Lopez)
- ✓ 2 cups pineapple juice
- ✓ 1 tray of ice



This fun drink can be made as a "mocktail" for the kids. They'll enjoy the sweet tropical flavors as they sit around the back-yard pool, sipping away.

The recipe calls for defrosted frozen sliced strawberries. When you bring them home from the market, place them on a dish in the refrigerator so they will be soft and ready to process. The dish will catch any leaks or moisture from defrosting.

Directions:

1. Blend strawberries in a blender on high until smooth.
2. Place $\frac{1}{2}$ cup strawberry puree in the bottom of 4 large glasses.
3. Rinse blender and return to motor base. Place remaining ingredients in blender and blend on high until smooth.
4. Pour piña coladas into glasses on top of the strawberry puree. The puree will run up through the piña colada, making a lava flow effect.