

Tropical Is. Fruit Punch

426 ml can Pineapple Juice

1 ripe Banana

4 teaspoons Icing Sugar

1 tablespoon Lemon Juice

A little crushed ice

Vanilla Ice-Cream and Cinnamon for topping

Place all ingredients except ice-cream and cinnamon into a blender or mash the banana and lemon juice together and place with pineapple juice, icing sugar and crushed ice into a shaker.

Blend or shake well. Pour the mixture into 3 tall glasses.

Top with ice-cream and cinnamon.