

Adapted from ehow.com

Lava Flow (Non-Alcoholic)

2 lbs. of frozen strawberries
1/3 c of sugar
4 oz. of lime juice
2 c of pineapple juice
2 bananas
6 oz. of coconut cream

First blend the strawberries, sugar and lime juice together. Place in the freezer to form a nice slushy mixture (approximately 30 minutes if using frozen strawberries). In a clean blender, blend the pineapple juice, coconut cream and bananas.

Scoop 1/3 cup of strawberry slush into the bottom of a glass. Next add approximately 1 cup of the pineapple mixture over the strawberries and again top with a bit more strawberry slush. Serve immediately. Serves four.

