

CARDINAL SPIRIT



with pineapple juice, cherry juice, and banana

Ingredients

- 2 cups ice
- 1 qt. pineapple juice
- 1 cup cherry juice
- 1 medium banana
- 1/4 tsp. nutmeg
- 1/4 tsp. cinnamon
- whipped cream



Instructions:

- Put ice, pineapple juice, cherry juice, banana, nutmeg and cinnamon in a blender.
- Blend for 30-45 seconds (or until smooth).
- Pour into a glass. Garnish with whipped cream and ground cinnamon.

