

Nashi and Coconut Milkshake



Serves	1
Prep time	5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Moderate Chemical , Salicylates & Amines
Meal type	Drink
Misc	Child Friendly , Serve Cold

Ingredients

- 1 nashi (peeled, cored and roughly chopped)
- 1/2 cup chilled home made coconut milk (Refer to recipe)

Directions

1. Place the nashi and coconut milk into a food processor or blender, and process until the nashi is pureed.
2. Pour into a glass and serve.

Note

Moderate Salicylates, Moderate Amines, Low Glutamates

Refer here for my [home made coconut milk recipe](#).