Pineapple-Mint Yogurt Sips

6 equal small glasses from the whole batch, approximately 1.2 L total | Active 15 min | Cook 0 min | Total 75 min

Ingredients

• 400 g plain yogurt made with pasteurized milk, chilled

• 400 ml pasteurized milk, chilled

• 300 g ready-to-eat canned pineapple in juice, drained, chilled

• 100 ml juice from the pineapple can, chilled

• 50 g honey

• 6 g washed fresh mint leaves, stems removed

• 1 g fine salt

Set out

Digital scales, Blender with at least 1.8 L usable capacity, Two clean 750 ml lidded bottles, Six 250 ml glasses, Ice-packed cooler

Allergens

Milk. Check labels and substitutions.

Make it

1. Use pineapple sold ready to eat in juice. Weigh 300 g drained fruit and measure 100 ml can juice. Chill them along with the dairy before blending. Wash the mint under running water and dry it.

2. Blend the yogurt, milk, pineapple, can juice, honey, mint and salt for 45-60 seconds, until pourable and evenly flecked. Scrape down with the machine stopped and blend again if pieces remain.

3. Divide between the two bottles, leaving room for shaking. Cover and refrigerate for at least 60 minutes, until 40°F (4°C) or colder. Keep cold for transport.

4. Shake the closed bottles well just before serving. Divide the complete batch equally among six glasses, about 200 ml each. No mint sprig, fruit skewer or ice is added.

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Bring it

Take the closed bottles and glasses in the cooler, with enough space to shake the bottles without opening them. Keep at 40°F (4°C) or colder in an ice-packed cooler and at the gathering. Count all time out of cold control during packing, transport and display together: no more than 2 hours, or 1 hour above 90°F (32°C).

Finish at the gathering

Ready to serve after a brief shake and a 2-minute pour. No host blender, freezer or garnish work is required.

Make it yours

Use the small sips for an all-year birthday, a winter game evening or a sunny lunch. They work beside savory food without becoming a plated dessert.

Ingredient labels

The base contains Milk. The soy variation introduces Soy and requires checking all replacement-product labels. Honey is included; do not serve this recipe to infants under 12 months.

A useful detail

The 75-minute plan includes 15 minutes of preparation and 60 minutes of chilling. Start with cold dairy and canned fruit; if the finished drink is still warmer than 40°F, extend the chilling time. No cooking is required for the ready-to-eat canned pineapple.

Another way

Replace the 6 g mint with 4 g washed fresh basil leaves for a different green note. Blend all of it into the drink.

Replace both dairy ingredients with 400 g plain unsweetened soy yogurt and 400 ml plain soy drink. Check their labels, declare Soy, and keep the same cold plan; the texture may be thinner.

Keep it well

Refrigerate the bottled drink for up to 24 hours. Shake before pouring, and keep any unused portion cold rather than saving liquid from serving glasses.