

Makeshift Pineapple Batido

My friend and culinary colleague Sandra Gutierrez grew up in Guatemala and knows her way around cool Latin American drinks, like this smoothie-type *batido*. Because she didn't give me any proportions, I completely made them up, and guess what? It did the trick beautifully and chased the heat away in minutes.

Serves 1

1 cup fresh diced pineapple

4 cubes ice

1/2 cup 2% milk

2 teaspoons honey

splash rum

Combine all ingredients in a blender, or use a stick blender (as I did). Serve immediately, with a bendy straw.