

Bahama Mama Cocktail: Your Perfect Tropical Summer Escape

Bahama Mama: Your Passport to Tropical Paradise in a Glass!



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INGREDIENTS

- 1 cup crushed ice (more if you want a thicker slushy)
- 1 fluid ounce orange juice
- 1 fluid ounce pineapple juice
- ¾ fluid ounce rum (light or dark, your preference)
- ¾ fluid ounce coconut-flavored rum (like Malibu)
- ¾ fluid ounce grenadine syrup

Swaps and Notes:

Ice: Crushed ice works best for a smooth, slushy consistency. If you only have cubes, blend for a bit longer until smooth.

Juices: Freshly squeezed orange and pineapple juice will always give the best flavor, but good quality store-bought juices work perfectly for convenience.

Rum: A good quality light rum is standard, but a dark rum can add more depth. The coconut-flavored rum is essential for that signature Bahama Mama taste, so don't skip it!

Grenadine: This adds sweetness and that iconic reddish-orange hue.

Optional Add-ins: A dash of bitters, a splash of lime juice for extra tang, or a few slices of fresh fruit (like orange or pineapple) for blending could be fun additions.

Directions:

Combine Ingredients: In a blender, combine the crushed ice, orange juice, pineapple juice, regular rum, coconut-flavored rum, and grenadine.

Blend to Slushy Consistency: Secure the lid and blend until the drink's consistency is smooth and slushy. If it's too thick, add a tiny splash more juice or water. If it's too thin, add a bit more ice and blend again.

Serve: Pour the slushy Bahama Mama into a chilled glass (a hurricane glass or highball glass works well). Garnish with a slice of orange, a pineapple wedge, or even a cherry. Serve immediately and enjoy responsibly!

Tips for Success:

Balance is Key: Taste your mixture before adding too much ice if you're experimenting with proportions. You want a good balance of sweet and tangy.

High-Powered Blender: A good blender will make quick work of the ice, resulting in a smoother slushy.

Chill Your Juices: Using chilled juices helps keep the drink colder and prevents excessive melting of the ice during blending.

Garnish: Don't underestimate the power of a good garnish! A fresh fruit slice really enhances the tropical vibe.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

For another sweet and fun sipper, check out my [The Slippery Drink Is My Favorite Sweet Sipper for Dessert-Inspired Vibes](#).

If you're looking for a vibrant and refreshing non-alcoholic option for a sunny day, my [This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days](#) is fantastic.

And for a colorful drink that's perfect for any celebration, my [This Rainbow Sangria Is My Favorite Colorful Drink for Any Celebration](#) is always a hit!

Final Thoughts:

DIRECTIONS

1. **Making a :** Bahama Mama is as easy as blending and sipping!
2. **Combine :** Ingredients: In a blender, combine the crushed ice, orange juice, pineapple juice, regular rum, coconut-flavored rum, and grenadine.
3. **Blend to :** Slushy Consistency: Secure the lid and blend until the drink's consistency is smooth and slushy. If it's too thick, add a tiny splash more juice or water. If it's too thin, add a bit more ice and blend again.
4. **Serve:** Pour the slushy Bahama Mama into a chilled glass (a hurricane glass or highball glass works well). Garnish with a slice of orange, a pineapple wedge, or even a cherry. Serve immediately and enjoy responsibly!
5. **Tips for Success:** Balance is Key: Taste your mixture before adding too much ice if you're experimenting with proportions. You want a good balance of sweet and tangy.
6. **High-:** Powered Blender: A good blender will make quick work of the ice, resulting in a smoother slushy.
7. **Chill :** Your Juices: Using chilled juices helps keep the drink colder and prevents excessive melting of the ice during blending.
8. **Garnish:** Don't underestimate the power of a good garnish! A fresh fruit slice really enhances the tropical vibe.
9. **Serving Suggestions and Pairings:** The Bahama Mama is a party in a glass! It's perfect for poolside lounging, beach days, summer barbecues, luaus, or simply when you want to feel like you're on vacation. Serve it

alongside light appetizers like fruit skewers or coconut shrimp. For other fantastic summer sips, you might also love my Refreshing Strawberry Mojito Recipe (Perfect For!) or my easy Classic Margarita Recipe (Easy and Delicious!).

10. **Storage and Leftover Tips:** This is a cocktail best made fresh and enjoyed immediately. Blended drinks tend to separate if left to sit too long. If you're making a larger batch for a party, blend it in smaller quantities right before serving to maintain the best slushy consistency.
11. **More Recipes You Will Love:** If you enjoyed the tropical vibes and easy preparation of this Bahama Mama, here are a few more delicious drink recipes that I think you'll absolutely love:
12. For another sweet and fun sipper, check out my [The Slippery Drank Is My Favorite Sweet Sipper for Dessert-Inspired Vibes](#).
13. If you're looking for a vibrant and refreshing non-alcoholic option for a sunny day, my [This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days](#) is fantastic.
14. And for a colorful drink that's perfect for any celebration, my [This Rainbow Sangria Is My Favorite Colorful Drink for Any Celebration](#) is always a hit!
15. **Final Thoughts:** The Bahama Mama is more than just a cocktail; it's a feeling - a sip of sunshine and relaxation. It's incredibly easy to make and guaranteed to bring a festive, tropical spirit to your day. Give it a blend, raise a glass, and let yourself be whisked away to paradise!
16. What's your go-to tropical drink for summer? Share your favorites in the comments below, and don't forget to follow Chef Maniac for more delicious recipes and entertaining tips!

SWAPS & NOTES

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Juices: Freshly squeezed orange and pineapple juice will always give the best flavor, but good quality store-bought juices work perfectly for convenience.

Rum: A good quality light rum is standard, but a dark rum can add more depth.

TIPS FOR SUCCESS

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High-Powered Blender: A good blender will make quick work of the ice, resulting in a smoother slushy.

Chill Your Juices: Using chilled juices helps keep the drink colder and prevents excessive melting of the ice during blending.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/bahama-mama-cocktail-your-perfect-tropical-summer-escape/>