

Beverage

Tropical Honey Coconut Water Cooler

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1 cup coconut water
1/2 cup frozen pineapple chunks
1/2 cup (1 small) banana, thickly sliced
2 tablespoons honey
1/2 teaspoon coconut extract
toasted coconut
3 tablespoons rum or tequila (optional)

In a blender, combine the coconut water, pineapple, banana, honey, and coconut extract.

Blend on high speed until frothy.

Pour into a 16-ounce glass.

Sprinkle the coconut on top.

Serve immediately.

Per Serving (excluding unknown items): 229 Calories; 1g Fat (2.8% calories from fat); 2g Protein; 58g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 1/2 Fruit; 2 1/2 Other Carbohydrates.