



Coconut fruit punch

15'
Hands on

6
Portion(s)

1
Difficulty



Ingredients

- 6 coconuts
- 400 g pineapple, fresh
- 200 g rum, coconut
- lime juice, of 2 limes
- slices lime(s), to serve
- ice, to serve
- peppermint leaves, to serve

Διατροφικός πίνακας

Nutrition information per portion

154 Calories (kcal)	0.7 Total Fat (g)	0.4 Saturated Fat (g)	14.0 Total Carbs (g)
8%	1%	2%	5%
14.0 Sugars (g)	0.8 Protein (g)	4.4 Fibre (g)	0.57 Sodium (g)
16%	2%	18%	10%

Method

- Break the coconuts, remove the water and set it aside, into a bowl, until needed. Clean them carefully without removing their flesh as you will serve the fruit punch in them.
- In a blender add the coconut water, the fresh pineapple, the coconut rum, and the lime juice. Beat until there is a uniform and thick mixture.
- Serve with ice and decorate with lime slices and peppermint leaves.

Tip

You can add any type of alcohol you like.