

# Refreshing Cilantro Pineapple Cooler

*This is a quick, simple recipe that can be made with leftover cilantro and pineapple chunks that might not be enough for another recipe. This drink will also keep you cool and refreshed on hot days!*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>15 MIN</b>
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## INGREDIENTS

4 Tbsp	Cilantro, chopped
1 cup	Pineapple, frozen or fresh
2 each	Lime, juiced
1 Tbsp	Honey
4 cups	Sparkling water
As Needed	Ice



## CHEF'S NOTES

Pineapples are a good source of Vitamin C which is important for maintaining a healthy immune system.

This drink is a great option for a lightly sweetened beverage. If you're looking to add a little more flavor, try adding a flavored sparkling water to this refreshing beverage!

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Add the cilantro, pineapple chunks, lime juice, honey, and water to a blender or food processor.
3. Blend on high until smooth and fizzy.
4. Pour the contents over ice into glasses or a serving pitcher.
5. Garnish with a lime wheel and more cilantro, if desired and enjoy!

# Nutrition Facts

4 servings per container

**Serving Size** 12 oz. (302 g)

Amount per serving

**Calories** 45

% Daily Value \*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 25mg 0%

**Total Carbohydrate** 12g 4%

Dietary Fiber less than 1g 3%

Total Sugars 8g

Includes 0g Added Sugars 0%

**Protein** 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.25mg 0%

Potassium 100mg 2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

