

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!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 15 MIN
-----------------------------------	-----------------------------------	------------------------------------

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.

