

Tropical Frozen Margarita Mocktail



You can enjoy this refreshing frozen drink without the alcohol and still get plenty of the sweet, tart flavor you love with the benefit of fiber-rich whole fruit blended in.

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

2 cups Pineapple Chunks, frozen
2 cups Mango Chunks, frozen
2 each Oranges, juiced (4 oz.)
1 each Lime, juiced (2 oz.)
2 Tbsp Honey

CHEF'S NOTES

For a classic margarita presentation, serve your drink in a glass rimmed with salt or sugar - we like sugar with this recipe to balance the tart flavor! Simply run a wedge of lime around the rim of your glass and place 1-2 Tbsp salt or sugar in shallow dish. Flip your glass upside down and twist back and forth in the sugar or salt to form your rim. For a spicy twist, you could try adding a little chili powder!

You can try this recipe with just pineapple or all mango. All mango will result in a sweeter flavor and using just pineapple will make your margarita a little more tart.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Allow the frozen fruit to defrost for about 10 minutes. Add all ingredients in the order listed to a blender.
3. Blend on high speed for at least 1 minute, until smooth and creamy but pourable. Add a little water, 1-2 Tbsp at a time to reach the desired consistency.
4. Serve immediately and enjoy!

Nutrition Facts

4 servings per container

Serving Size 6 oz. (222 g)

Amount per serving

Calories 140

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 36g 13%

Dietary Fiber 3g 9%

Total Sugars 30g

Includes 0g Added Sugars 0%

Protein 1g 3%

Vitamin D 0mcg 0%

Calcium 30mg 0%

Iron 0.45mg 3%

Potassium 300mg 7%

*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.

