



Cantaloupe Colada

INGREDIENTS

1 lb Hy-Vee Short Cuts cantaloupe chunks
5 oz Hy-Vee canned light coconut milk
4 oz white rum
2 ½ oz light agave nectar
2 oz fresh lime juice
Fresh cantaloupe, cut into balls, for garnish
Fresh mint, for garnish

PREPARATION

- 1 Freeze cantaloupe for 4 hours or until frozen.
- 2 Combine frozen cantaloupe, coconut milk, rum, agave, and lime juice in a blender. Cover and blend until smooth. Divide mixture between 4 (8-oz. each) cocktail glasses. Garnish with additional cantaloupe balls and fresh mint, if desired. Serve immediately.

NUTRITION FACTS

Calories: 190
Total Fat: 2.5g
Saturated Fat: 2.5g

Sodium: 25mg
Carbohydrates: 25g
Sugar: 23g
Protein: 1g