



Kiwi and Coconut Chiller

Optum Global Solutions

Cook time: 0 mins Total time: 10 mins

Serves: 4

Ingredients:

1/2 tablespoon (7.5 mL) honey
1 teaspoon (5 mL) grated ginger
2 kiwis, peeled and chopped
4 cups (960 mL) coconut water
1 teaspoon (5 mL) coconut milk cream
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Instructions:

Add all ingredients into a jar or a shaker. Shake or stir to incorporate well. Serve cold over ice.

Nutrition:

Serving size: 1 cup
Calories: 74
Sugar: 15g
Sodium: 60mg
Total Fat: 0g
Carbohydrates: 19g
Fiber: 1g
Protein: 0g
Cholesterol: 0mg