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Fruit Drink inspired by 'Otai

Ready In: 10 minutes

Serves: 6

Enjoy this colorful, refreshing treat on hot days.

Ingredients

- » 1 Pineapple *small, peeled and diced (about 4 cups)*
- » 4 Mangos *peeled, pitted, and diced (about 6 cups)*
- » 2 cups Nonfat Milk or 2 cups Water *cold*
- » 3 tablespoons Coconut Flakes *dry, unsweetened*

What you'll need

- » Measuring spoons
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- » Cutting board
- » Sharp knife
- » Blender

Directions

1. Combine fruit and milk (or water) in the jar of a blender. Pulse to desired smoothness.
2. Stir in coconut flakes. Serve immediately over ice, or chill for 30 minutes in the fridge.

Chef's Tips

- » To prepare this without a blender, use the fine holes on a box grater to "puree" the mangos and pineapples.
- » Try this with other fruits, such fresh watermelon, frozen jackfruit, or ripe cantaloupe.



Photo attribution: Era Cathey

Nutrition Facts	
Serving Size 1.00 cup	
Serving Per Container 6	
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Amount Per Serving	
<hr/>	
Calories 136	
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	% Daily Value*
Total Fat 1.9 g	2%
Saturated Fat 1 g	5%
Sodium 12 mg	1%
Total Carbohydrate 31.9 g	12%
Dietary Fiber 3.3 g	12%
Protein 1.6 g	
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



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