Cantaloupe Coconut Lassi

Description

This is totally healthy. And it tastes good. And it's somewhat filling. And it doesn't even have chocolate? I'm so confused.



Ingredients

- 1 cup Coconut water
- 1/2 cup canned coconut milk
- 1/2 cup plain greek yogurt
- 2 cup cantaloupe cubes fresh but frozen
- 2 tbsp unsweetened coconut flakes
- 2 tsp honey
- 1/4 tsp cinnamon
- 1/8 tsp cardamom
- 1/8 tsp nutmeg
- toasted coconut for garnish

Instructions

Combine all ingredients together (except for toasted coconut) in a blender and process until smooth! Garnish with toasted coconut. Drink up.

Summary

Yield: 1
Prep Time: 10 minutes
Category: Drinks
Cuisine: American
Tags: Football Breakfast