

Fresh Cranberry-Coco-Lime Mocktail



Ingredients:

- 4 cups coconut water
- 1 cup fresh cranberries
- 3 tbsp fresh lime juice
- 2 tbsp honey

Directions:

1. In a blender, blend the coconut water and cranberries
2. Strain through a sieve or nut milk bag
3. In a bowl whisk in the lime juice and honey until all honey is dissolved.
4. Garnish with a few whole cranberries and a slice of lime.

Nutritional information:

Calories	92
Total Fat.....	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Total Carbohydrate....	17 g
Dietary Fiber	0 g
Protein	1 g
Sodium	233 mg
Serving Size	4-8 oz
Recipes yields	4 cups (35 oz)

Prep time: 5 minutes