

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Coconut Lime Fizz Cooler

From www.paleomg.com

½ cup fresh squeezed lime juice
½ cup thick coconut milk (use the cream that rises to the top of the can)
1 ½ Tbsp raw honey (adjust to sweetness you prefer)
1 cup ice
1 cup sparkling water

For the rim of the glass:

Extra lime juice
1 Tbsp maple sugar

For garnishes:

Extra lime slices
Fresh mint

1. In a blender, blend together lime juice, coconut milk, honey and ice until completely smooth.
2. Pour sparkling water into the blender and stir with a spoon.
3. Dip the rims of 4 small glasses into lime juice then into maple sugar.
4. Pour coconut lime fizz into glasses and garnish with limes and mint.
5. Serve immediately!