

Cantaloupe Coconut Lassi

Source: Ellen Siegel

Serves: 2

Ingredients:

- 1 cup coconut water
- ½ cup coconut milk
- 3 cups frozen cantaloupe chunks
- 2 TBSP unsweetened coconut flakes
- 2tsp sweetener
- 1/4tsp cinnamon
- 1/8 tsp cardamom
- 1/8 tsp nutmeg
- Pinch of sea salt
- Toasted coconut for garnish (optional)

Directions:

Blend ingredients and serve!

Note: For a refreshing summer treat, pour into Dixie size cups, place a popsicle stick or plastic spoon in the center and freeze. This makes a wonderful, healthy frozen dessert!