

from the soup and shred it into chunks, before returning it to the pot. Stir in the lemon zest, the fresh herbs, salt and pepper to taste, and remove from the heat.

**Serving:**

Garnish each bowl with a lime wedge to serve.

**LASSI IN A COCONUT!**

**Pina Colada (virgin):** Which literally means strained pineapple

From tales of a pirate who used a delicious concoction to keep his crew from dipping into depression, to bartenders in San Juan, Puerto Rico contesting to be the original concocters of this feel good drink, we can kick our shoes off, sit back and relax to enjoy the depth of flavors of the Pina Colada.

**Ingredients:**

1 large pineapple, coconut cream and brown sugar (optional)

**Method:**

Coconut cream: 1 cup of shredded coconut added with 1-2 tablespoons of coconut oil. Blend the flakes in a food processor and add some oil to make it into a paste.

Preserve this cream.

Take 1 whole pineapple and use a juicer to get its juice. Add about 1 tablespoon of the coconut cream paste into a serving glass and add the pineapple juice with some ice to chill it. You may add one tea-



spoon of brown sugar per glass but the pineapple juice should be sweet enough on its own.

**Serving:**

Sprinkle a few mint leaves on top and serve it chilled.

**PINK VIRGIN MOJITO**

Ernest Hemingway visited a little bar in Cuba called "La Bodeguita del Medio" and fell in love with the drink they served him. It consisted of rum, coconut water, lime and

some other flavors but today we know this drink as a mojito!

**Ingredients:**

200 ml Coconut water  
200 ml Watermelon juice  
1 chopped lemon  
¼ cup mint leaves  
2 teaspoons of honey

**CRUSHED ICE**

Alternately, you can substitute the watermelon juice with some papaya juice

**Method**

Roughly chop the mint leaves as well the 1 lemon and add 2 of teaspoons of honey and mix it. Then add ice to the glass and pour over 200g of blitzed seeded watermelon and 200ml of the coconut water.

**Serving:**

Serve it with barbequed food to get a true sense of the tastes of this virgin mojito  
Coconut Coffee Frappe

**Ingredients:**

250-300 ml coconut water  
1/2 a can of organic coconut milk (stir before adding it)  
1 cup of ice  
1 fresh double espresso  
1 tbs organic coconut oil

**Method:**

Get all the ingredients out and ready, brew your double espresso then start to prepare the ingredients

Empty the coconut water and half can of coconut milk into a blend then add the coconut oil, add the ice and if you want, you may add a few good dollops of double cream. Add the espresso last and blend for 30 seconds and serve straight away in a cold tall glass

**Serving:**

Dress with a fresh sprig of mint or a swirl of thick coffee on top.

**Photo: Collected**



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