

# 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