

DRINKS

Creamy Coconut Sipper

25 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	5	\$1.59	410 kcal

Creamy Coconut Sipper requires about 45 minutes from start to finish. One portion of this dish contains around 2g of protein, 11g of fat, and a total of 410 calories. For \$1.59 per serving, you get a beverage that serves 5. 1 person were impressed by this recipe.

Ingredients

- ☐ ½ cup coffee liqueur
- ☐ ½ cup cream of coconut
- ☐ ½ cup creme de cacao
- ☐ 1 cup half-and-half
- ☐ 2½ cups ice cubes
- ☐ ½ cup rum

EQUIPMENT Blender

Method

- 1 Process all ingredients in a blender until smooth.
- 2 Serve immediately.
- 3 NOTE: For testing purposes only, we used Kahlua coffee liqueur.

Nutrition per serving

410

KCAL

2 g

PROTEIN

11 g

FAT

46 g

CARBS

Saturated Fat

7.9 g · 49% of daily needs

Fibre

1 g · 4% of daily needs

Sugar

39.5 g · 44% of daily needs

Sodium

52.4 mg · 2% of daily needs

Cholesterol

16.9 mg · 6% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/creamy-coconut-sipper-145283