

DRINKS

Papaya Cooler

18 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
11 min	11 min	11	\$0.81	115 kcal

Papaya Cooler requires about 11 minutes from start to finish. This beverage has 140 calories, 1g of protein, and 0g of fat per serving. For 81 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. This recipe serves 11.

Ingredients

- ☐ 24 ounce apricot nectar, chilled
canned
- ☐ 3 tablespoons fresh lime juice
- ☐ 1 pound ripe papaya (about , peeled, seeded, and
chopped
- ☐ 1/3 cup sugar
- ☐ ½ cup light rum
- ☐ 1¼ cups unsweetened orange juice, chilled
- ☐ 1½ cups sparkling water, chilled

EQUIPMENT Blender

Method

- 1

Combine first 5 ingredients in container of an electric blender; cover and process until mixture is smooth and sugar is dissolved.
- 2

Add rum. Cover and chill, if desired.
- 3

Just before serving, stir in sparkling water.
- 4

Serve over ice cubes.

Nutrition per serving

115

KCAL

1 g

PROTEIN

0 g

FAT

22 g

CARBS

Saturated Fat

0.1 g · 0% of daily needs

Fibre

0.8 g · 3% of daily needs

Sugar

19.6 g · 22% of daily needs

Sodium

15.6 mg · 1% of daily needs

Cholesterol

0 mg · 0% of daily needs

Vitamin C

58.8 mg · 71% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/papaya-cooler-143520