
Berry Colada Punch

Start to Finish Time: 5 minutes

1 package (16 ounce) frozen strawberries, thawed

1 can (15 ounce) cream of coconut

3 cups pineapple juice, chilled

3 cups club soda, chilled

2 cups rum (optional)

crushed ice

Process the strawberries and cream of coconut in a blender until smooth. Pour the mixture into a pitcher or large bowl.

Stir in the pineapple juice, club soda and, if desired, the rum.

Serve over crushed ice.

Yield: 2 1/2 quarts

Beverages

Per Serving (excluding unknown items): 729 Calories; 6g Fat (7.0% calories from fat); 4g Protein; 174g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 174mg Sodium. Exchanges: 10 1/2 Fruit; 1 Fat; 1 Other Carbohydrates.