



Thirsty Thursday: Nuts About Coconuts

Coconuts have slowly become a very hot and versatile food commodity, and are being used in everything from our daily cuisine to our beauty regimens. Not too long ago coconuts had a bad reputation as being an artery clogging, cholesterol packed food that contributed to heart disease. Today, however, the coconut is making a huge comeback as the new miracle food.

The water from young coconuts is one of the highest sources of electrolytes, which are responsible for keeping the body properly hydrated so the muscles and nerves can function appropriately. Coconut water is also low in calories, carbohydrates, and sugars, and almost completely fat-free. In addition, it is high in ascorbic acid, B vitamins, and proteins. Furthermore, the soft meat, or flesh, inside the coconut helps to restore oxidative tissue damage and contains a source of healthy fats, proteins, and various vitamins and minerals.

It's no secret that San Diegans are coco-nuts about the tropical fruit, which serves as a natural sweetener, hydrator, and beverage additive. The folks over at [Del Sur Mexican Cantina](#) also realize how delightful coconuts are, which is why they decided to feature a *Coconut Margarita* their cocktail of the month for August.

We teamed up with our friends at the South Park eatery to bring you this week's Thirsty Thursday cocktail. Not only is this beverage refreshing (especially during this major heat wave the city is experiencing), but all the ingredients used are light and fresh, which make for a perfect summer cocktail. Check out how to craft this sweet combination of coconut purée, 100% agave tequila, and lime agave, topped off with a plum sugar rim, and be whisked away to white sandy beaches and blue skies.

Coconut Margarita Courtesy of Del Sur Mexican Cantina



COCONUT MARGARITA

Recipe Courtesy of Del Sur Mexican Cantina

INGREDIENTS

2 oz 100% Agave blanco tequila

1 oz coconut purée

1 oz fresh lime agave

1 oz pineapple juice

.5 oz triple sec

lime wedge

INSTRUCTIONS

- Dip top on glass in sugar to coat rim
- Combine tequila, lime agave, coconut purée, pineapple juice and triple sec in a shaker
- Shake and pour into glass filled with ice
- Garnish with lime wedge
- Enjoy!