

# Coconut Rum Shakes [Spice Up Your Holidays - Week 2]

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-recipe-desserts-for-winter-holidays>

## Ingredients:

- 1 pint coconut sorbet Ciao Bella is my favorite
- 1 pint vanilla ice cream or gelato
- 1 cup spiced rum Captain Morgan
- whipped cream
- grated nutmeg freshly

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 30 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 5 grams
8. Sodium: 55 milligrams
9. Sugar: 15 grams

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