

# Mai Tai and Blue Hawaiian Cocktails

Yield: 1 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-cocktails-recipe>

## Ingredients:

- 1 ounce dark rum or aged
- 1 ounce light rum silver
- 1 ounce triple sec or Curacao
- 1 ounce fresh lime juice
- 1 teaspoon syrup orgeat or almond-flavored beverage, Orgeat is a flavoring with almond and hints of vanilla and rosewater. Almond flav...
- 1 teaspoon grenadine optional
- pineapple wedges Fresh
- cocktail cherries
- mint sprigs Fresh
- 1 ounce silver light rum
- 1 ounce blue curaçao
- 1 ounce cream of coconut such as Coco Lopez
- 2 ounces pineapple juice
- fresh pineapple wedge
- cocktail cherries

## Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 104 grams
3. Fat: 4.5 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 30 milligrams
8. Sugar: 88 grams

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