



## Easy Venezuelan Cocada

★★★★★

This Easy Venezuelan Cocada recipe is smooth, creamy incredibly refreshing! A sip of this Venezuelan Coconut Smoothie will transport you to a beach paradise in no time.

**Course** Drinks

<b>Cuisine</b>	Venezuelan
<b>Prep Time</b>	15 minutes
<b>Cook Time</b>	0 minutes
<b>Total Time</b>	15 minutes
<b>Servings</b>	4
<b>Calories</b>	323kcal
<b>Author</b>	Oriana Romero

### Ingredients

- 2 cups (325 gr) fresh coconut meat, about two coconuts (see notes)
- 1 ½ cup whole milk (see notes)
- ½ cup sweetened condensed milk
- 1 teaspoon pure vanilla extract (optional)
- Ice about 1-2 cups

### Instructions

1. Place coconut meat, milk, sweetened condensed milk, vanilla, if using, in a blender. Blend until smooth, about 2-3 minutes.
2. Strain the mixture through a fine sieve. **NOTE:** I like to add 1-2 tablespoons of coconut left in a fine sieve to the strained mixture for extra texture, but this is totally optional.
3. Place the mixture in the blender again, add ice to your taste. Blend until ice is completely crushed.

4. Serve. Sprinkle with cinnamon and drizzle with more sweetened condensed milk, if desired. Enjoy and transport yourself to the beautiful Venezuelan beaches.

## Notes

**Coconut:** The traditional Venezuelan recipe is made with fresh coconut (the brown one) but if it's not available you can also use frozen unsweetened coconut meat. The texture and taste will be slightly different, but it will do the trick.

I don't remove the brown skin of the coconut but if you prefer you can use a vegetable peeler to remove it.

**Milk:** I use whole milk but feel free to substitute for coconut milk, the one that is refrigerated, not canned. You can even use coconut water for a less thick version.

For **Dairy-Free/Vegan** version, use coconut milk and coconut sugar or sweetened condensed coconut milk.

**If you're making this recipe, please read the whole post content to get lots of tips, tricks, variations, frequently asked questions, and step-by-step photos.**

**★ Did you make this recipe? Don't forget to give it a star rating below!**

Please note that nutritional information is a rough estimate and it can vary depending on the products used.

## Nutrition

Calories: 323kcal | Carbohydrates: 31g | Protein: 7g | Fat: 20g | Saturated Fat: 16g | Cholesterol: 22mg | Sodium: 96mg | Potassium: 405mg | Fiber: 4g | Sugar: 28g | Vitamin A: 250IU | Vitamin C: 2mg | Calcium: 218mg | Iron: 1mg