

This Coconut Water Fruit Punch Is the Hydrating, Flavor-Packed Drink I Always Serve

Why This Fruit Punch Is Always a Hit



TIME
10 min

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INGREDIENTS

- 4 cups coconut water
- 2 cups mixed fresh fruit (strawberries, oranges, pineapple, or any combo you like), diced
- 1 cup fresh lime juice (about 4-5 limes)
- ... cup honey or agave syrup (adjust to taste)
- 1-2 cups sparkling water (optional, for fizz)
- Fresh mint leaves (optional, for garnish)

DIRECTIONS

- 1.** Prep the Fruit: I start by dicing up whatever fruit I'm using into small, bite-sized pieces. Strawberries, orange segments, pineapple chunks, and even kiwi or watermelon work beautifully. I like mixing colors and textures for visual appeal and a variety of flavor in every sip.
- 2.** I toss all the fruit straight into a large pitcher. If I have time, I'll chill the fruit beforehand so the punch is nice and cold from the start.
- 3.** Mix the Base: Next, I pour in the coconut water and fresh-squeezed lime juice. Stir it well so the lime mixes evenly throughout. This combo alone is super refreshing, even before sweetening.
- 4.** Sweeten to Taste: Now I add in the honey or agave syrup. I start with ... cup and stir until it's fully dissolved. Then I taste-if the fruit is extra tart or my limes are sharp, I might add a little more. If everything's perfectly ripe and sweet, I'll leave it as is.
- 5.** (Pro tip: If your honey is thick, dissolve it in a tablespoon of warm water before adding so it mixes more easily.)
- 6.** Add the Fizz (Optional): If I'm serving this immediately, I'll gently stir in 1 to 2 cups of sparkling water right before serving. It gives the drink a nice lift and a subtle sparkle that feels extra refreshing. Just go slow so you don't lose the bubbles.
- 7.** If I'm making the punch ahead of time, I hold off on the sparkling water until serving to keep it fizzy.
- 8.** Garnish and Serve: To serve, I pour the punch into

glasses filled with ice, making sure each one gets a spoonful of the fruit. I top each glass with a sprig of fresh mint or even a thin lime wheel if I'm feeling extra.

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