

Choco Fever Dream

Delicious Breakfast Punch Recipe

15 min Prep time	**5 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups freshly squeezed orange juice
- [ ] 1 cup pineapple chunks
- [ ] 1/2 cup strawberry purée
- [ ] 2 tbsp honey
- [ ] 1 tsp lemon zest
- [ ] 1 cup sparkling water
- [ ] Ice cubes

Garnish

- [ ] Mint leaves
- [ ] Orange slices

Instructions

1. In a large pitcher, combine orange juice, pineapple chunks, and strawberry purée; blend until smooth.
2. Stir in honey and lemon zest, tasting and adjusting sweetness as needed.
3. Chill the mixture for at least 10 minutes; this lets the flavors meld gently.
4. Just before serving, slowly add sparkling water and lots of ice, then give a gentle stir.
5. Garnish each glass with a sprig of mint and a thin orange slice for extra aroma.

Nutrition per serving

120 kcal	2 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer less sweetness, reduce honey or use a sugar-free alternative.
- For extra sparkle, try adding a splash of club soda instead of plain sparkling water.
- Serve in clear glasses to showcase the beautiful pink-orange hue.