



Cupid Float

SERVINGS
1 → 40

Cupid floats are a simple Valentine's Day drink idea that everyone is sure to LOVE! Made with just a couple easy ingredients, these drinks are a fun and festive way to celebrate Valentine's Day.

RECIPE SOURCE
somewhatsimple.com

PREP TIME
5 MIN

TOTAL TIME
2 MIN

Ingredients

- 20 cups vanilla ice cream
- 40 cups cherry, cola
- 40 pieces licorice, red

Cooking Instructions

- Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
- To assemble each portion: Add 1/2 cup vanilla ice cream to a drinking cup or mug using a #8 scoop.
- Add 1 cup of cherry soda to the cup/mug of ice cream.
- Cut the ends off of 1 strand of red licorice, then place into the cup to use as a straw.
- Serve immediately.

Serving Instructions

Serve 1 each for approved diet types and textures.

DIET TYPES

- Diabetic (CCHO): YES, 1/2 portion
- Heart Healthy/Cardiac: YES
- Low Sodium: YES
- Vegetarian: YES
- Gluten Free: YES, no licorice

TEXTURES & CONSISTENCIES

FF: YES

TNO/ST1/MT2/MO3/EX4: Liquid level assigned by clinician & does NOT automatically correlate to an IDDSI food texture level. Adjust thickness as necessary to pass IDDSI Flow Test.

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 1.8.25.

Nutrition Facts

Amounts Per Serving

Calories 289

Total Fat 8g

Saturated Fat 4g

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 2g

Cholesterol 29mg

Sodium 92mg

Total Carbohydrates 53g

Dietary Fiber 1g

Sugar 45g

Protein 3g

Vitamin A 282IU

Vitamin C 1mg

Calcium 88mg

Iron 0mg

Phosphorous 92mg

Potassium 158mg

Powered by

(<http://www.nutritionix.com/api>)

Allergens

gluten, wheat, milk, lactose, alcohol, caffeine

Recipe Tags

february 2026 collection heart
healthy/cardiac low sodium
diabetic vegetarian finger food
regular measuring cup #8
scoop cup or mug dessert
snack dinner lunch parent
recipe somewhat simple
beverage drink