

Drinks With Tropical Fruits

Mango Shake (4 cups)

Ingredients	Amount
Mangoes, ripe, peeled, seeded, chopped	2 each
Whole milk	3 cups
Lime juice	½ lime
Sugar	To taste 2 – 4 tablespoons

Method

- Put chopped mangoes into blender or food processor
- Add milk and lime juice, blend
- Pour into pitcher and refrigerate until ready to serve
- Serve over ice ... crushed ice if you have it

Plantain Shake (4 cups)

Ingredients	Amount
Plantains, ripe, peeled, chopped	2 each
Whole milk	3 cups
Vanilla	1 tablespoon
Sugar	To taste 2 – 4 tablespoons

Method

- Put chopped plantains into blender or food processor
- Add milk and vanilla, blend
- Pour into pitcher and refrigerate until ready to serve
- Serve over ice ...crushed ice if you have it

Guava Icy (4 cups)

Ingredients	Amount
Guava pulp, frozen	1 package
Water	3 cups
Sugar	4 tablespoons

Method

- Put frozen guava pulp into blender or food processor
- Add water and blend
- Serve immediately over ice ... crushed ice if you have it

