

SICKLES MARKET
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Tropical Fruit Beverages

Mango Lassi

(www.marthastewart.com)

Makes 5 cups; Serves 6

Instead of serving a heavy milk shake, whip up a refreshing Indian yogurt drink; this one has mangoes and lime juice.

2 ripe mangoes (1 pound each)

1 cup plain yogurt

2 tablespoons fresh lime juice

2 tablespoons honey

2 cups small ice cubes

Peel mangoes, and remove pits; coarsely chop flesh. Purée mangoes and yogurt in a blender until smooth. Add lime juice and honey; pulse to combine. Add ice; blend until incorporated. Serve immediately.

Papaya and Mango Batidos

(www.foodnetwork.com)

1 cup diced papaya (about 1 small papaya), plus some sliced, for garnish

1 cup diced mango (about 1 mango), plus some sliced, for garnish

1½ cups milk

1 cup crushed ice

Combine the papaya, mango, milk and ice in a blender process just until smooth. Pour into glasses and garnish with mango and papaya slices.

Pina Colada

(www.marthastewart.com)

Serves 4

With the rum omitted, this drink is perfect for children.

2 cups fresh or canned pineapple juice

¾ cup cream of coconut, such as Coco Lopez

1 cup light rum

3 cups crushed ice

4 fresh pineapple spears, for garnish

Combine all ingredients except garnish in a blender. Pour into tumblers, garnish with pineapple spears, and serve immediately.

Tropical Fruit Smoothies

(www.cooksillustrated.com)

Vary the amount of sugar and lemon juice depending on the ripeness of the fruit.

Makes 4 ½ cups, enough for 4 servings

1 medium banana (ripe, about 4 ounces), peeled and cut crosswise into eight pieces

3 ½ cups mango, pineapple, or papaya, peeled, cored or seeded, and diced (1-to 2-inch

pieces, about 16 ounces)

2/3 cup whole milk

2/3 cup white cranberry juice or apple juice

pinch table salt

3-6 teaspoons granulated sugar

2-3 teaspoons lemon juice

3 ice cubes (about 1½ ounces total)

Line rimmed baking sheet with parchment paper; arrange banana and tropical fruit in single layer on baking sheet. Freeze fruit until very cold, but not frozen, about 10 minutes. In blender, puree cold fruit, milk, juice, salt, 1 tablespoon sugar, 1 teaspoon lemon juice, and ice until uniformly smooth, 10 to 15 seconds. Taste for sugar and lemon; if desired, add more sugar or lemon and blend until combined, about 2 seconds longer. Serve immediately

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