



Tropical Smoothie Recipe

Preparation Time	3
Cooking Time	5
Serving Size	4

Ingredients:

- 2 can DEL MONTE Sweetened Mango Juice Drink (240ml)
- 2 pc banana, lacatan
- 1 tsp calamansi juice
- 5 Tbsp sugar, white
- 12 pc ice

Preparation:

1. Combine all ingredients in a blender. Blend until smooth.

Chef's Tip

To prepare this drink in advance, blend all the ingredients except the ice. Keep it in the refrigerator until ready to blend with ice prior to serving.

Lusog Notes

This refreshing Tropical Smoothie is high in vitamin C that helps fight common illnesses. It also helps keep gums healthy, as well as helps heal wounds faster.

Cooking Skills Needed

- Mixing

Cooking Tools

- Wooden Spatula