



## Tropical Smoothie Recipe

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<b>Preparation Time</b>	<b>3</b>
<b>Cooking Time</b>	<b>5</b>
<b>Serving Size</b>	<b>4</b>

### 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