

Licuados Sweet milk and fruit drinks popular in El Salvador and many other Latin countries. Use any fruit you like in these recipes.

Guava-Mango Licuado 2 servings (Make 8 servings for the class!)

Ingredients

¾ cup guava, scooped from peel and chopped	2 cups cold milk
¾ cup mangoes, peeled and chopped (can be frozen) (can substitute pineapple)	3 tablespoons honey or sugar (to taste) juice of ½ lemon or juice of ½ lime

Method Put all ingredients into blender. Blend until smooth. Strain to remove seeds and fibrous bits.
Nose, Chef #167225. "Guava-Mango Licuado: Recipe #113621." *RecipeZaar*. 17 March 2005. 11 February 2008. <http://www.recipezaar.com/113621>.

Strawberry Licuado 2 servings (Make 8 servings for the class!)

Ingredients

1 cup cold milk	1 ½ cups (~8 oz.) stemmed fresh strawberries
½ cup (4 or 5) ice cubes	1 tablespoon sugar

Method

Pour milk and ice into blender. Blend 15 seconds. Add strawberries and sugar. Blend 15 seconds or until smooth and frothy. Serve immediately in chilled 12 oz. glasses with straws.

California Strawberry Commission. "Strawberry Licuado." *meals matter*. 2004. 11 February 2008. <http://www.mealsmatter.org/recipes-meals/recipe/12225>.

Banana Berry Licuado Serves 4 (Make 8 servings for the class!)

Ingredients

1 (14-oz.) can sweetened condensed milk, chilled	1 ripe banana, sliced (preferably frozen)
1 (12-oz.) can evaporated milk, chilled	2 cups frozen strawberries (about ½ of a 16-oz. bag)

Method

Place all ingredients in a blender. Cover and blend until smooth.

Pryor, Hope. "Banana Berry Licuado." *CooksRecipes.com*. 2008. 11 February 2008. http://www.cooksrecipes.com/beverage/banana_berry_licuado_recipe.html.

Banana and Pineapple Licuado Serves 6 (Make 8 servings for the class!)

Ingredients

5 tangerines, chilled	2-3 tablespoons lemon juice, to taste
1 banana, peeled and sliced	1 teaspoon honey, to taste
1 cup pineapple, cubed and chilled	ice cubes
1 cup milk	

Method

Juice tangerines and pour juice into blender or food processor. Add all ingredients except the ice, process until smooth. Add 4-5 ice cubes, process until ice is crushed. Repeat with ice cubes. Serve over ice.

Techstra Systems. "Banana and Pineapple Licuado Recipe." *recipetips.com*. 2008. 11 February 2008. <http://www.recipetips.com/recipe-cards/t--1851/banana-and-pineapple-licuado.asp>.