

Guava Juice

Adult help needed.

For a refreshing breakfast smoothie, try this drink from Colombia.

Ingredients

- 2 guavas, mangoes or other tropical fruit
- 1 tbsp. sugar
- ½ c. water

Directions

- 1 Wash and peel the fruit. Slice it into big chunks.
- 2 Put the fruit, sugar and water in a blender. Blend for 30 seconds.
- 3 Chill the mixture in the refrigerator for a smoothie-like drink. For guava juice, strain the mixture through a colander before refrigerating. Drink chilled within a few days.

