



## Venezuelan Tizana

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This Venezuelan Tizana is amazingly refreshing and delicious! Bursting with the sweetness of ripe fruits this drink will keep everyone happy and in good sips. Chop, pour, mix and READY... guaranteed success!!!

**Course** Drinks

<b>Cuisine</b>	Venezuelan
<b>Prep Time</b>	5 minutes
<b>Cook Time</b>	25 minutes
<b>Total Time</b>	30 minutes
<b>Servings</b>	10 servings
<b>Calories</b>	225kcal
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### Equipment

- Cutting Board
- Knife
- Fruit Baller

### Ingredients

- 1 cup fresh pineapple, diced
- 1 cup watermelon, cut into small balls
- 1 cup melon, cut into small balls
- 1 cup honeydew, cut into small balls
- 1 cup ripe mango, diced
- 2 cups strawberries, rinsed, tops cut, and sliced
- 4 cups (960 ml) orange juice, chilled
- 4 cup (960 ml) mango juice, chilled
- 1 cup (240 ml) Grenadine or to taste

## Instructions

1. Place all the chopped fruit in the pitcher and add the juices. Mix to combine.
2. Add the grenadine and stir until well combined.
3. Refrigerate for at least one hour to let all the fruit flavors mix together, overnight is better.
4. Serve cold.

## Notes

**Store** in the refrigerator for up to 2-3 days, after that the fruit will start to get mushy.

### Recipe Tips, Substitutions & Additions:

- **Alcohol:** Add a splash of vodka, tequila, or white rum to your glass to turn this Venezuelan Tizana into a refreshing summer cocktail for the grown-ups.
- **Club Soda:** For a fizzy version, you could substitute half of the juice for club soda or sparkling water.
- **Grenadine:** A little grenadine gives it an eye-catching color and really dresses up the taste. I recommend not skipping it.
- **Chill:** Refrigerate for at least one hour before serving to let all the fruit flavors mix together, overnight is better.
- **Fruit:** You can use any combination of fruit that you prefer or, even better, seasonal fruit, so you can save some money too... Isn't great?

**If you're making this recipe, please read the full post content to get lots of tips, tricks, variations, frequently asked questions, and step-by-step photos.**

**★ Did you make this recipe? Don't forget to give it a star rating below!**

Please note that nutritional information is a rough estimate and it can vary depending on the products used.

## **Nutrition**

Calories: 225kcal | Carbohydrates: 55g | Protein: 1g | Sodium: 22mg | Potassium: 417mg | Fiber: 2g |  
Sugar: 44g | Vitamin A: 1975IU | Vitamin C: 103.3mg | Calcium: 45mg | Iron: 0.9mg