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TASTE OF THE TROPICS

January 7, 2010 By Kristen Feola



With several inches of snow on the ground and a wind chill around -25° F, I am dreaming of lying on the beach under the warm summer sun. Instead of feeling the sand between my toes and the summer breeze blowing gently across my face, I am getting blasted by the

bitterly cold wind gusts. Aah, but today the refreshing **Creamy Mango Delight** is my escape, sweeping me away to a tropical paradise...if only for just a few minutes.

CREAMY MANGO DELIGHT

1/2 large mango, peeled

2 apples, unpeeled

1/2 cup fresh pineapple, cut into chunks

1 kiwifruit, unpeeled

Feed fruit into juicer, and enjoy.

Yield: 1 serving (serving size = 1 cup or 8 ounces)

Recipe Notes

- To convert this juice recipe into a smoothie, peel fruit, add 1 1/2 cups almond milk or rice milk, and put into a blender until smooth. Add ice, and blend again to thicken.

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