

Mango Piña Colada Smoothie

Our Young Chefs, 2015

Makes 12+ sample/snack servings

Enjoy these piña colada smoothies with the whole family. Fresh or frozen mango works equally well for this recipe. Pineapple juice is very refreshing and flavorful; it serves to cut some of the sweetness of the mango and coconut cream. Salt as an ingredient in this sweet drink? -- you ask! Salt rounds out the taste and makes the fruit flavors practically 3-dimensional in your mouth! In fact, try this - make the drink first without the salt. Taste it; then add the salt. Do you taste a difference?



INGREDIENTS

4 cups (1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ pounds) fresh mango, diced (about 2 ripe mangos)
OR frozen mango chunks, thawed

1 cup (8.4 ounces) pineapple, pineapple/orange OR mango juice
 $\frac{3}{4}$ cup (7.5 ounces) cream of coconut
Fresh diced mango (*prepared above*)
OR frozen mango chunks, thawed
Pinch salt (*generous*)
4 cups ice cubes

DIRECTIONS

Prepare the mango: If using fresh mango, peel and dice the mango as described and illustrated in the **Sparkling Mango Limeade** recipe. Set aside in a bowl.

Blend the smoothie: Add the juice, cream of coconut, mango, salt and ice cubes to the jar of a blender *in the order listed*. * Secure the lid on the blender; blend on **high speed** until smooth. Stop to **scrape the sides** as needed.

Serve: Pour into 3- or 5-ounce plastic cups to serve.

* When "building" a smoothie in a blender, begin by adding the *liquid* ingredients **first**, the *soft* chunky ingredients (such as fresh or defrosted fruit) **second**, *firmer* ingredients (such as raw apples or fruit that is semi-frozen) **next**, and **last**, the *ice cubes*.

How it works: When blending a smoothie, the liquids and soft ingredients on the bottom begin to blend quickly; this then draws the ingredients above into its vortex for efficient, successful smoothie blending.