



"Getting kids excited about wholesome, healthy food"

Smoothie Criminal

Menu

*Pink Raspberry Lemonade
Persian Cantaloupe Drink
Strawberry Lemon Basil Infused Water
Tres Leches Hot Chocolate
Mango Lassi
DIY Smoothies*

Pink Raspberry Lemonade

Ingredients

4 cups fresh lemon juice (about 12-16 lemons)
3 cups sugar
1 bag frozen raspberries
Ice cubes, for serving

Directions

Cut the lemons and half, and squeeze out as much lemon juice as possible. In a pitcher, mix together the sugar with 3 cups water and stir until the sugar is dissolved. Add the lemon juice to the water sugar mixture, and top it up with 8 more cups of water. Taste to make sure it's sweet enough for you, and then add the raspberries. Mix the lemonade together and let chill in the fridge.

Persian Cantaloupe Drink

serves 6

Ingredients

1 cantaloupe (about 3 lbs.)
1/4 cup granulated sugar, plus more to taste
Fresh mint, for serving

Directions

Peel cantaloupe, then halve and scoop out and discard seeds. Cut each half into 2 pieces and coarsely grate into a bowl. Mix with sugar and 3 1/2 cups water, then refrigerate at least 45 minutes. Serve with fresh mint over ice.

Strawberry Lemon Basil Infused Water

Ingredients

6 cups of water
1 cup strawberries, thinly sliced
1 lemon, thinly sliced
large handful of basil, chopped

Directions

Combine all the ingredients in a pitcher. Add ice and drink as is. Or allow it to sit refrigerated for a few hours, strain the fruit and herbs and drink the beautiful pink water.

Tres Leches Hot Chocolate

Ingredients

4 cups of water
2 cinnamon stick
8 cups of milk
2 cans (410g) of evaporated milk
2 cans (395g) of sweetened condensed milk
200 grams of Latin drinking-chocolate bar, chopped finely (Abuelita, Taza, Ibarra)
1 cup of cocoa powder
2 tablespoons of cornstarch

Directions

Bring water and cinnamon stick to a boil in a large pot over high heat. Boil for 5 minutes. Add the regular milk, evaporated milk and sweetened condensed milk. Stir to combine, bring to a simmer and allow to simmer for 2 minutes.

In a small bowl, combine chopped chocolate and cocoa powder. Remove one cup of the hot milk mixture and add to the small bowl with the chocolates. Set aside for a few minutes so the chocolate begins to melt and then stir to dissolve chocolate and cocoa powder. Return this chocolate mixture to the pot. Cook over low heat for 5 more minutes. Dissolve the cornstarch in 1/4 cup of water (you can use the same bowl from the chocolate) and add to the milk mixture; stirring continuously. Stir and cook over low heat for 2 more minutes. Remove from the heat, remove the cinnamon stick and serve hot.

Mango Lassi

serves 4

Ingredients

1 ¼ cups plain yogurt
½ cup milk

½ cup canned mango pulp or 7 ounces (200 grams) from 3 fresh mango, stoned and sliced
4 teaspoons sugar, to taste, or feel free to try salt and cardamom seeds

Directions

Put all the ingredients into a blender and blend for 2 minutes, then pour into individual glasses, and serve. Feel free to try salt and cardamom seeds. The lassi can be kept refrigerated for up to 24 hours.

DIY Smoothies

Ingredients

Pick a couple of fruits:

banana
apple
strawberries
blueberries
orange
mango
grapefruit
peaches
pears
cherries
kiwi
watermelon
cantaloupe
grapes

Add a vegetable:

kale
spinach
avocado
cucumber
swiss chard

Pick a liquid:

apple juice
rice milk
soy milk
water
yogurt

Add some flavour:

vanilla
honey
stevia
cinnamon
ginger

mint
cocoa

Directions

Blend together with ice and enjoy!