

## piña-mango-papaya batidos



**Batidos** are a Latin American handmade blended beverage similar to smoothies, made with milk, fruit, and usually ice. They are also sometimes called "preparados" (meaning "prepareds" or "Licuados"). Licuados and other fresh fruit juice drinks are found throughout Mexico. They are sold by street vendors, and in special licuado shops, restaurants, and fruterias (restaurants specializing in fresh fruit).

### chop+chop+chop

Open up **1 small can of pineapple rings** (reserve the juice). Have the kids chop up the pineapple rings and chop up **4 small ripe bananas** and add the fruit to your blender. Have kids de-seed, take the skin off and chop up **1 small Papaya** add to the blender as well.

### pour+blend

Add one **10 oz package of frozen mango** with **3 cups of coconut milk** and **the reserved pineapple juice** to your blender. Add **one big handful of ice**. Blend until rich, smooth and creamy! Makes 6 servings. Freeze some leftovers in a popsicle mold for a frozen tasty treat! **"Muy Sabroso!" (very tasty!)**

## fun food facts:

### What is a Papaya?

- ★ **The botanical name** for papaya is Carica Papaya.
- ★ **The papaya plant** is a member of the pawpaw family.
- ★ **Botanically, papaya is a berry.**
- ★ **The black seeds** found inside a papaya are edible and have a spicy, pepper-like flavor.
- ★ **Some cultures call the papaya tree** "the medicinal tree" because its seeds and leaves have been used to make medicine.
- ★ **Papaya leaves** and unripe papaya have an enzyme called Papain that breaks down protein in meat to make it tender. That's why papaya can be used as a meat tenderizer.
- ★ **Papaya** is rated as one of the most nutritious fruits, providing all the vitamin C you need each day.

