

Red and White Soursop Shakes



Prep time 5m | Total time 8m | Yields 4 Servings



A popular tropical fruit found all over Latin America, soursop, or *guanábana*, is juicy, sweet and tangy. Here, GOYA® Soursop Nectar is blended with yogurt and milk. A quick puree of fresh strawberries makes a vibrant topper for this healthful, refreshing shake.

Ingredients

1 can (9.6 oz.)	GOYA® Soursop Nectar (Guanábana)
1 cup	low-fat plain yogurt
1/2 cup	fat-free milk
4 cups	ice, divided
6	medium strawberries, rinsed, cored and quartered (about 1 cup)
1 tsp.	GOYA® Lemon Juice

 Buy Ingredients

Directions

- 1 Add nectar, yogurt, milk and 3 cups ice to blender. Blend until smooth and frothy, about 2 minutes; divide evenly among 4 glasses.
- 2 Quickly rinse out blender and add strawberries, lemon juice and 1 cup ice.. Blend until smooth and frothy, about 1 minute.
- 3 Immediately spoon strawberry puree evenly over top of each shake. Serve.



Buy Ingredients

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Quality Goya products are available at many food stores and supermarkets.

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