



Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Mango Lemonade (SERVES 3)

Ingredients

• 2 cups chopped mango

• 1/2 cup lemon juice

• 2 Tablespoons lime juice

Simple Syrup

- 3/4 cup sugar, or replace with honey or any sweetener
- 2 cups water
- Mint leaves (optional)

Directions

EASY METHOD:

- 1. Puree mango, lime and/or lemon juice, sugar and about a cup of water. Adjust with more water.
- 2. Pour over ice.

SIMPLE SYRUP METHOD:

- 1. In a medium saucepan, combine sugar and water. Bring to a boil; keep stirring until sugar has dissolved, about 5 7 minutes. Throw in mint if using any. Let it cool.
- 2. Place mango chunks in a blender and blend until pureed. Remove and set aside.
- 3. Pour all into a large pitcher, followed by lemon and lime juice. Then add syrup to taste. Stir until everything comes together.
- 4. Chill or serve with ice cubes.

Enjoy!







KIDZ COOK

Every Friday at



3:00 & 4:00 pm

Visit the Caribbean through your tastebuds!

FEBRUARY 2019

February 1
Jamaican Meat Pie

February 8
Caribbean Banana Fritters

February 15
Mango Lemonade

February 22
Trinidad Chicken Roti
Sessions at 12:00, 1:00, 2:00 & 3:00 pm

Free with admission. Get your ticket at the front desk!