

LicuaDOS are a wonderful beverage to create with what you have in the house—as long as one of the ingredients is milk! LicuaDOS can be made with dairy milk, soy milk, almond milk or rice milk.

If you don't care to keep fresh milk in the house, stir up some powdered milk, allow it to chill for about 30 minutes and then create your licuado.

It's important to choose your favorite type of milk for this recipe. This recipe works very well with either nonfat, one percent, two percent and whole milk. The milk in these recipes can help to provide a source of Vitamin A and Vitamin D and calcium, magnesium and phosphorus and protein, and a good source of Vitamin C.

FUN Recipes

1. Pina Colada Leche or Party Licuado serves 2

1 ½ cups milk, chilled
½ cup canned crushed pineapple, drained
2 Tablespoons coconut cream
¼ teaspoon vanilla extract

Place all ingredients in a blender or food processor canister. Cover and blend until smooth. Serve chilled. Refrigerate extra portions and re-blend before serving.

Note:

1. Coconut cream is available canned. If you can't locate it, substitute 1 teaspoon coconut extract.

2. Chocolate Covered Cherry Licuado serves 2

1 ¼ cup milk, chilled
3 Tablespoons chocolate syrup
½ cup frozen, thawed cherries (be certain they are pitted) are canned,
drained cherries

3/4 cup chocolate ice cream
2 Tablespoons chocolate chips (optional)

Place all ingredients except chips in a blender or food processor canister. Cover and blend until smooth. Serve chilled, garnished with chocolate chips. Extra portions may be refrigerated. Or freeze extra portions and serve as a snack or dessert.

3. Chocolate Peanut Butter Leche serves 2

4 Tablespoons chocolate syrup
2 Tablespoons creamy peanut butter, room temperature
1 ½ cups milk, chilled

Place the syrup and the peanut butter in blender or food processor canister. Cover and blend until smooth. Add milk and blend until smooth. Serve chilled. Refrigerate extra portions and re-blend before serving.

HEALTHY Recipes

4. Purple Milk or Purple Cow serves 2

3/4 cup fresh or frozen, thawed blueberries
1 medium very ripe banana, peeled and sliced
2 Tablespoons apple juice concentrate or honey
1 ½ cups milk, chilled

Place blueberries, banana and apple juice concentrate in blender or food processor canister. Cover and blend until fruit is pureed. Add milk and blend until smooth. Serve chilled. Extra portions can be frozen for a quick and healthy snack.

Note:

1. Blueberries contain natural nutrients that are important for eye health.

2. Bananas add extra potassium and fiber.
3. If desired, 2 packets of artificial sweetener, such as Sweet n Low™ or Equal™, may be used instead of the apple juice or honey.

5. *Orange Milk Burst*

serves 2

¾ cup orange sherbet or sorbet

2 Tablespoons orange juice concentrate

¼ cup canned mandarin oranges, or canned orange sections, drained

1 ½ cups milk, chilled

¼ teaspoon almond extract

Place sherbet orange juice concentrate and oranges in blender or food processor canister. Cover and blend until sherbet is smooth. Add milk and extract and blend until well combined. Serve chilled. Extra portions can be frozen for a quick and healthy snack.

Note:

3. To make this a very low fat beverage, use nonfat milk and sorbet
4. The orange juice concentrate and canned oranges add additional Vitamin C

6. *Fruit Salad in a Glass*

serves 2

1 ½ cups milk

½ cup fresh or frozen, thawed raspberries

¼ cup fresh or frozen, thawed strawberries, sliced

1 ripe banana, sliced

2 Tablespoons orange juice concentrate

Place all ingredients in the canister of a blender or food processor. Blend until smooth. Serve chilled. Extra portions may be refrigerated, or frozen for a fast, healthy snack.

Note:

3. This recipe is packed with extra minerals and vitamins. Could be used for a fast breakfast in a glass.

“ADULT” Recipes

7. Mocha Orange Licuado

serves 2

1/2 cup brewed coffee

2 Tablespoons chocolate syrup

2 teaspoons fresh orange zest

1 Tablespoon orange juice concentrate

1 ¼ cup milk

Place all ingredients in a blender or food processor canister. Process until smooth. Pour into two microwave safe mugs. Microwave on HIGH for 2 ½ minutes or until hot. Serve hot.

Note:

1. If a microwave or steamer is not available, heat the licuado in a small sauce pan on the stove over a medium flame, stirring for 2 minutes or until hot.

8. Coffee Almond Licuado

serves 2

1 cup brewed coffee

1 ½ cups milk

1 teaspoon almond extract

1 Tablespoon maple syrup

1 teaspoon sugar or artificial sweetener, or to taste

Combine all ingredients in a blender or food processor canister. Process until foamy and well mixed. Pour into two microwave-safe mugs. Microwave on HIGH for 3 minutes or until steamy hot. Extra portions may be refrigerated and served as a cold beverage.

SEASONAL Recipes

9. *Spring: Easter Eye Opener*

serves 2

- 1 ¼ cup milk, chilled
- ½ cup carrot juice
- ½ cup canned crushed pineapple, drained
- 1 teaspoon vanilla extract
- ½ teaspoon fresh orange zest

Combine all ingredients in a blender or food processor canister. Blend until smooth and pineapple is thoroughly pureed. Serve chilled.

Note:

- 3. If carrot juice is not available, ¼ cup mango nectar or mango pulp may be substituted.
- 4. This recipe is packed full of Vitamin A!

10. *Summer: Berry Vanilla Licuado*

serves 2

- 1 ½ cup milk, chilled
- ¾ cup ripe fresh berries, such as strawberries, blueberries or raspberries
- 1 teaspoon vanilla extract
- 2 teaspoons ground cinnamon
- 2 teaspoons honey or artificial sweetener, or to taste
- ½ cup chopped ice

Place milk and berries in a blender or food processor canister. Blend until berries are pureed. Add extract, cinnamon and honey and blend until well combined. Add ice and blend until smooth. Serve immediately.

11. *Autumn: Autumn Spice*

serves 2

- 1 ¼ cup milk
- ½ cup canned pumpkin pie filling (sweetened)

½ teaspoon ground ginger
1 teaspoon ground cinnamon

Place milk and pie filling in a blender or food processor canister. Blend until smooth. Stir in ginger and cinnamon. If too thick, add ¼ cup additional milk. Pour into two microwave-safe mugs and microwave on HIGH for 3 minutes 30 seconds or until hot and steamy.

Note:

3. Pumpkin adds extra fiber, Vitamin A and potassium to this recipe.

12. Winter: Chocolate Peppermint Licuado

serves 2

1 ½ cup milk
2 Tablespoons chocolate syrup
½ teaspoon peppermint extract
2 candy canes (optional)

Combine all ingredients in the canister of a blender or food processor. Process until well blended. To serve hot, pour into two microwave safe mugs and microwave on HIGH for 3 minutes. To serve cold, chill for ten minutes in the refrigerator. Use candy canes as “swizzle” sticks or garnishes.

Note: if peppermint extract is not available, melt 2 peppermint hard candies in 3 teaspoons of water in the microwave. Microwave in a microwave safe small bowl for 30 seconds or until melted.