

Fruit Refresher (Tizana)

Looking for a refreshing tropical drink? Try Tizana, a vibrant Venezuelan fruit punch loaded with juicy pineapple, mango, and melon! Soaked in zesty orange-lime juice, this colorful and nutrient-packed treat is bursting with Vitamin C and potassium.

It is perfect for hot days or as a fun party drink!

Serves: 10

Serving Size: 1 cup

Ingredients

Chopped Fruit

- 1.5 cups pineapple (diced)
- 1.5 cups watermelon (diced)
- 1 cup mango (diced)
- 1 cup melon (diced)
- 1 cup apple (diced)
- 1 cup banana (sliced)

Juice Base

- 2.5 cups fresh orange juice (~5 oranges)
- ½ cup fresh lime juice (~4 limes)
- Optional: crushed ice

Directions

1. Chop all fruits into small, bite-sized pieces.
2. In a large bowl or pitcher, combine fruits and juices.
3. Stir well and let it chill for at least 30 minutes to blend flavors.
4. Serve in cups with crushed ice (optional) and a spoon or straw and enjoy!

Nutrition Info per serving:

Calories: 93, Saturated Fat: 0.1 g, Sodium: 5 mg, Added Sugars: 0 g Fiber: 2 g, Protein: 1.3 g

Recipe Adapted from:

<https://en.mui.kitchen/drink/Recipe-for-Making-a-Delicious-Venezuelan-Tizana-20241026-0015.html>