



Papaya-Pineapple Nectar

2 to 3 cups diced ripe Papaya
2 ½ cups Pineapple Juice
½ cup Lemon or Lime Juice
½ cup Sugar

Peel papaya, cut into pieces, and force through sieve or food blender. Combine with other ingredients and stir until sugar is dissolved. Pour over cracked ice and serve cold in glasses.

Note: If electric mixer or blender is used, combine all ingredients and mix for two minutes or blend for 3 seconds.