

JUS DE FRUIT



CHADIAN MILKSHAKE

You will find many vendors selling Jus de Fruit on street corners in Chad. It's a milkshake drink, flavoured with different fruits (this will depend on what is in season at the time) and a hint of cardamom and nutmeg.

FOR 2-3 GLASSES YOU WILL NEED:

- 1 mango
- 500ml of milk
- 1 tbsp sugar
- 10 ice cubes
- 1/4 tsp cardamom
- 1/8 tsp nutmeg

TO MAKE:

- Peel and cut up the mango, or any other fruit you are using. (If you can't find fresh fruit, you can also use frozen and leave out the ice cubes.)
- Put the fruit, the ice cubes, the milk and sugar into a blender.
- Add in the cardamom and nutmeg. These spices can be quite strong, so you might want to start by adding a smaller amount and then tasting it before you add the rest in.
- Once all the ingredients are in the blender, blend it well for a minute or two until it is smooth.
- Pour into a glass, drink and enjoy!

OTHER FAVOURITE FRUITS OFTEN USED IN CHAD ARE ORANGE, PINEAPPLE, GUAVA OR PAPAYA. WHY NOT EXPERIMENT WITH SOME OF YOUR FAVOURITES?

