



STAR APPLE

Smoothie Recipes



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Star Apple Smoothie

With sweetened condensed milk



1 serving



15 minutes

INGREDIENTS

- 2 Vietnamese star apples
- 2 tablespoons sweetened condensed milk
- 1 teaspoon sugar
- A handful of ice cubes

PRO TIP

Feel free to adjust the texture to your liking! If you prefer a smoother, less thick smoothie, just add a splash of water or a few more ice cubes and blend again until it's just right!

INSTRUCTIONS

1. Start by rinsing the star apples thoroughly under water 2-3 times.
2. Next, peel the skin off, scoop out the flesh, and remove the seeds.
3. Place the star apple flesh in a blender along with 1 teaspoon of sugar, 2 tablespoons of sweetened condensed milk, and a handful of ice cubes.
4. Blend everything together for about 3-5 minutes, until smooth.
5. Pour the smoothie into a glass and enjoy!





Star Apple Smoothie

With yogurt



1 serving



10 minutes

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INGREDIENTS

2 star apples
1/2 cup sweetened
yogurt
1 teaspoon sugar
A handful of ice cubes

PRO TIP

Feel free to adjust the texture to your liking! If you prefer a smoother, less thick smoothie, just add a splash of water or a few more ice cubes and blend again until it's just right!

INSTRUCTIONS

1. Begin by rinsing the star apples thoroughly under running water. Let them dry.
2. Once dry, peel off the skin, scoop out the flesh, and remove the seeds.
3. In a blender, combine the star apple flesh, 1 teaspoon of sugar, 1/2 cup of sweetened yogurt, and a handful of ice cubes.
4. Blend everything on medium speed for about 3-5 minutes, or until the mixture is smooth and creamy.
5. Pour the smoothie into a glass and enjoy!

Star Apple Smoothie

With watermelon and yogurt



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2 servings



15 minutes

INGREDIENTS

2 star apples.

50 grams watermelon.

50 ml sweetened milk.

1 teaspoon sweetened
condensed milk.

1 teaspoon sugar.

A handful of ice cubes.

PRO TIP

Feel free to adjust the texture to your liking! If you prefer a smoother, less thick smoothie, just add a splash of water or a few more ice cubes and blend again until it's just right!

INSTRUCTIONS

1. Start by washing the star apples thoroughly under running water 2-3 times. Peel off the skin, scoop out the flesh, and remove the seeds.
2. For the watermelon, cut away the green rind and remove any seeds. Then, chop the watermelon into small chunks.
3. In a blender, combine the star apple flesh, watermelon chunks, 1 teaspoon of sugar, 1 teaspoon of sweetened condensed milk, 50 ml of sweetened milk, and a handful of ice cubes.
4. Blend the mixture on high speed for about 3-5 minutes, until smooth and creamy.
5. Pour the smoothie into a glass and enjoy!

Star Apple Smoothie

With carrot



2 servings



15 minutes

INGREDIENTS

2 star apples

1 carrot

50 ml sweetened milk

1 teaspoon sweetened
condensed milk

1 teaspoon sugar

A handful of ice cubes

PRO TIP

Feel free to adjust the texture to your liking! If you prefer a smoother, less thick smoothie, just add a splash of water or a few more ice cubes and blend again until it's just right!

DIRECTIONS

1. Start by washing the star apples thoroughly under running water 2-3 times. Peel off the skin, scoop out the flesh, and remove the seeds.
2. For the carrot, wash it well, peel off the skin, and cut it into small pieces.
3. In a blender, combine the star apple flesh, carrot pieces, 1 teaspoon of sugar, 1 teaspoon of sweetened condensed milk, 50 ml of sweetened milk, and a handful of ice cubes.
4. Blend the mixture on high speed for about 3-5 minutes, until smooth and well combined.
5. Pour the smoothie into a glass and enjoy!

