



100% MANGOSTEEN POWDER

Minty Mangosteen Watermelon Smoothie 100mls

For a more intensely flavored drink, reduce the ice by half and chill in the freezer for an hour before serving.

Half a cup of chopped watermelon, seeds removed (about 100gms)
Half a teaspoon (100mg) of Royal Tropics 100% Mangosteen powder
50mls of apple juice
1/2 teaspoon fresh lime juice
2 ice cubes. 4 mint leaves. Ice cubes

Combine Watermelon, Mangosteen powder, apple juice, lime juice, ice cubes, and mint leaves in a blender and puree until smooth. Pour into a highball glass, garnish with a mint sprig, and serve with a straw.

Mangosteen Coconut Smoothie 200mls (2 serves)

For a rich drink, use regular coconut milk and you can use a banana at room temperature instead.

50mls of coconut milk/cream
1000mg (half teaspoon) of Royal Tropics 100% Mangosteen powder
60mls of Mango Juice
1/2 banana, peeled and frozen for about 1 hour
1 teaspoon honey
1 pinch of cardamom. Ice cubes

Combine all the ingredients in a blender and puree until smooth. Pour into a highball glass and serve with a straw.

Mangosteen Raspberry Smoothie 200mls

Using frozen raspberries will result in a colder, thicker drink.

1/4 cup fresh or frozen raspberries (about 1 1/2 ounces)
1000mg (half teaspoon) of Royal Tropics 100% Mangosteen powder (Premixed with Red Grape Juice)
4 tablespoons of plain yogurt
2 teaspoons honey

Combine all the ingredients in a blender and puree until smooth. Pour into a -fashioned glass and serve with a straw.

Darwin Weight Buster Protein Drink 200mls (2 serves)

Use premixed Mangosteen powder in rich natural red grape or cranberry juice.

1000mg of Royal Tropics powder (half teaspoon)
1 heaped tablespoon of Royal Tropics Green Papaya powder
2 heaped tablespoons of a quality protein powder (Suggest Musashi brand-Vanilla)
Half a banana
1 peeled Kiwi fruit
Half a cup of milk is an optional extra

Combine the ingredients in a blender and puree until smooth. Serve immediately