



Recipe Corner— Guava Jam Shake

Ingredients

- One litre of milk (Makes six glasses)
- One tray of ice cubes
- 2 tablespoons of *Friend's Fiji Style*® Guava Jam

Utensils

- Electrical blender/food processor
- Drinking glasses

Method

- Put milk, ice cubes and jam into the blender.
- Run through until the ice is crushed finely
- Pour into glasses and serve chilled.



GUAVA Health

Guava is high in fibre. Fibre has the health benefit of lowering cholesterol and blood pressure. Guava helps to lower cholesterol in the blood, while increasing good cholesterol or lipoprotein. Lowering cholesterol in the blood in turn lowers blood pressure.

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