

Gourmet Cooking

Kick Back With Luscious Smoothies And Floats

(NAPSA)—At the end of a lazy, hazy summer's day—or whenever the mood strikes you—a tropical-tinged smoothie can be a refreshing way to chill out and relax. Or, if you prefer a more traditional frosty beverage, you might wish to relive the days of the old soda fountain by stirring up your own ice cream float.

Of course, today there are a lot more soda and ice cream varieties to enjoy in combination. Refresco Goya Sodas, for example, are fizzy fruit-flavored drinks that are just scrumptious when topped with a scoop of ice cream. For the smoothie crowd, Goya Nectars make it easy to be fruitful, gathering the essence of such luscious fruits as mango, guava and papaya.

Mango Smoothie

12 oz. Goya Mango Nectar
½ cup vanilla ice cream
3 ice cubes

- 1. Combine all ingredients in blender container.**
- 2. Cover and blend on high until smooth.**

Serves 2-3

Variations:

Use other flavors of Goya nectars in place of mango to add variety.



Cool, fruity beverages can be a refreshing way to chill out at the end of the day.

Substitute low-fat ice cream or frozen yogurt for the ice cream.

Refresco Goya Ice Cream Float

**1 bottle (12 oz.) Refresco
Goya Soda**
1 scoop vanilla ice cream

- 1. Fill a large glass ½ to ⅔ full with soda. Add scoop of ice cream and stir with a long spoon.**
- 2. Stick in a straw and serve.**

For additional information and recipe ideas, visit the Web site at www.goya.com.