

- Prep Time: 15 minutes (washing, peeling, and chopping fruit)
- Blending / Processing Time: 5 minutes
- Straining & Chilling Time: 10 minutes
- Total Time: 30 minutes

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Recipe Intensities

- Skill Level Intensity: 1 / 5 (Easy) — Requires basic knife handling and simple kitchen equipment operation.
- Labor Intensity: 2 / 5 (Low to Moderate) — Mostly fruit prep (peeling and dicing) and light straining.
- Flavor Intensity: 5 / 5 (High) — A bold, multi-layered blend of citrus, tropical sweetness, and rich fruit notes.
- Equipment Requirement: 2 / 5 (Basic) — Standard high-speed blender or centrifugal juicer.

Ingredients

To achieve the signature multi-fruit “tutti frutti” profile, use high-quality, fully ripe fruits for maximum natural sweetness.

Primary Fruit Base

- Fresh Pineapple: 2 cups, peeled and cored (cubed)
- Ripe Strawberries: 1.5 cups, hulled and quartered
- Mango: 1 large ripe mango, peeled, pitted, and diced

- Orange Juice: 1 cup, freshly squeezed (approx. 2–3 medium oranges)
- Red Apples: 1 medium apple, cored and chopped (skin on for color, or peeled for smoother blending)
- Banana: 1 small ripe banana (adds body, silkiness, and natural sweetness)

Liquid & Flavor Enhancers

- Fresh Lime Juice: 2 tablespoons (adds essential acidity to pop the fruit flavors)
- Cold Water or Coconut Water: 1 to 1.5 cups (adjust to reach desired consistency)
- Mint Leaves: 6–8 fresh leaves (for blending or garnish)
- Ice Cubes: 1 cup (for immediate chilling)

Optional Sweeteners & Twists

- Honey or Agave Nectar: 1–2 tablespoons (optional; adjust based on natural sweetness of fruits)
- Sparkling Water / Club Soda: Optional, to top up for a fizzy mocktail finish

- Pinch of Pink Himalayan Salt: A tiny pinch highlights fruit sweetness

Step-by-Step Instructions

Follow these clear, sequential steps to craft the perfect batch of fresh Tutti Frutti Juice.

Step 1: Prep the Fruits

1. Thoroughly rinse all whole fruits under cool running water.
2. Peel and core the pineapple; cut into bite-sized chunks.
3. Peel and pit the mango; cut the flesh into cubes.
4. Hull the strawberries and core the apple.
5. Squeeze the fresh oranges and lime into a small measuring glass, removing any stray seeds.

Step 2: Load the Blender

1. Place the softest, most liquid-heavy ingredients into the bottom of your high-speed blender container first (fresh orange juice, lime juice, and coconut water or water).
2. Add the banana, strawberries, mango, apple, and pineapple chunks on top.

3. *Tip:* Adding liquid first prevents the blender blades from stalling on denser fruit chunks.

Step 3: Blend to Smooth Perfection

1. Secure the blender lid and start on a low speed, gradually ramping up to high.
2. Blend on high for 60 to 90 seconds until the mixture is completely smooth, vibrant red-orange in color, and free of large fruit pieces.
3. Taste the mixture. If the fruits are tart, add 1 tablespoon of honey or agave nectar and pulse for an additional 10 seconds.

Step 4: Strain (Optional for Pulp Preference)

- For Smooth, Silky Juice: Pour the blended juice through a fine-mesh sieve or nut milk bag set over a large pitcher. Use a spatula or spoon to press the pulp gently to extract all liquid.
- For Fiber-Rich Nectar Style: Skip straining completely and pour directly into a pitcher.

Step 5: Chill & Serve

1. Stir in fresh ice cubes or chill the pitcher in the refrigerator for at least 15–20 minutes.

2. Fill tall serving glasses with extra ice.
3. Pour the fresh Tutti Frutti Juice over ice, garnish with a sprig of fresh mint and a strawberry slice on the rim, and serve immediately.

Pro Tips for the Best Flavor & Texture

1. **Fruit Ripeness is Key:** Because this recipe relies on natural sweetness, ensure your mango, pineapple, and banana are fully ripe. Green or underripe fruit will make the juice overly tart and fibrous.
2. **Temperature Control:** Always use pre-chilled fruit or liquid if serving immediately, as friction from blending can warm up the juice slightly.
3. **Storage & Shelf Life:** Store leftover juice in an airtight glass bottle or jar with minimal headspace. Keep refrigerated and consume within 24 to 48 hours. Stir or shake well before drinking, as natural separation will occur.
4. **Make-Ahead Ice Cubes:** Freeze extra juice in ice cube trays! Use these flavor cubes instead of regular water ice cubes so your drink doesn't get diluted as you sip.

Complete Nutritional Information

The values below are estimated per serving (1 serving = approx. 250 ml / 1 cup), assuming no added refined sugar and using coconut water.

Nutrient	Amount Per Serving	% Daily Value*
Calories	135 kcal	—
Total Fat	0.5 g	1%
Saturated Fat	0.1 g	0%
Trans Fat	0 g	—
Cholesterol	0 mg	0%
Sodium	25 mg	1%
Total Carbohydrates	34 g	12%
Dietary Fiber	4.5 g	16%
Total Sugars	25 g	—
<i>(Includes Added Sugars)</i>	<i>0 g</i>	<i>0%</i>
Protein	1.8 g	3%
Vitamin C	115 mg	128%
Vitamin A	85 mcg	9%
Potassium	420 mg	9%
Calcium	35 mg	3%
Iron	0.8 mg	4%