



Fine Dine Mango Festival

Embassy of Pakistan to France 10th Jul, 2017









Traditions au Pakistan



































































Traditions au Pakistan











University of Sri Lanka
Department of Agriculture
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nutritional value.

RECIPE
Mangoes are a popular fruit in Sri Lanka and are known for their delicious taste and nutritional value. They are a good source of vitamins A and C, and are also low in calories. Mangoes can be eaten fresh or used in a variety of recipes, including smoothies, salads, and desserts. This recipe is a simple and delicious way to enjoy mangoes.

INGREDIENTS:
1 cup of mango pulp
1/2 cup of cream
1/4 cup of sugar
1/4 cup of lemon juice
1/4 cup of orange juice
1/4 cup of pineapple juice
1/4 cup of kiwi juice
1/4 cup of guava juice
1/4 cup of passion fruit juice
1/4 cup of lime juice
1/4 cup of mint leaves
1/4 cup of ice cubes

DIRECTIONS:
1. In a blender, combine the mango pulp, cream, sugar, and all the juices.
2. Blend until smooth.
3. Add the mint leaves and ice cubes.
4. Blend again until the ice is crushed.
5. Pour into glasses and serve.

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