

# Guatemalan Fruit Cocktail

by Wilder from Guatemala

## Ingredients

- 5 peaches
- 1/2 pineapple
- 40-50 almonds
- 25 peanuts
- raisins, to taste
- 4 apples
- 2 pears
- 1 coconut
- 10 strawberries
- 4 bananas
- 16+ oz sour cream
- 1-2 cups of orange soda (optional)



## Method

1. Wash all the ingredients
2. Dice the fruit
3. Get the bowl ready
4. Put the fruit in the bowl including the juice from the fruits
5. Add nuts and raisins
6. Add soda if you want, if not skip
7. Add sour cream (the amount of it depends, but it is recommendable to have a consistent amount)
8. Mix everything until the sour cream covers it
9. Put it in the refrigerator for 10-15 minutes
10. Serve



“ A fresh, healthy and easy to cook recipe was the right option when having the entire family around. This recipe brings me memories of my childhood; every Friday after school I used to buy a cup of ‘Coctel’ (cocktail) to eat while my way to home. It was almost a fact that coctel would be at: birthdays, parties, schools and at home as a dessert. The process of cooking it is different all around Guatemala, but the idea is the same, some would put orange soda and some wouldn’t. Also, another dessert could be made with the left over ingredients, homemade tropical fruit popsicles or paletas; frozen fruit with juices. Now let’s get to know how and what is the fruit cocktail.

Before starting with the ingredients, you have to know that the amount of ingredients is on you, all of them. We will list the recipe for five people.

It’s summer, it’s friends, it’s fruit, it’s family and it’s fresh.”