

Licuada de Músgo Irlandés ~ Sea Moss (Irish Moss) Smoothie



Smoothie (Makes about 2 cups)

1 TBSP prepared sea/Irish moss gel (see recipe below)

1 cup whole milk

2-3 TBSP sweetened condensed milk

2 tsp pure vanilla extract

Dash of cinnamon

Dash of mace

Dash of freshly grated nutmeg

1 cup ice

→Place all of the ingredients in a blender, EXCEPT for the ice. Blend for one minute.

→Add the ice and blend until the mixture looks almost like soft serve ice cream.

→Serve immediately.

Sea Moss Gel (Makes about 1 cup)

½ cup raw dry sea/Irish moss

1 cup water

→Place sea moss in a colander and rinse thoroughly to remove the sand and dirt.

→Put sea moss in a large bowl (It will expand.) and cover with cool water. Leave the bowl sit uncovered at room temperature for 6-24 hours. (I let mine soak overnight.)

→Remove the hydrated sea moss from the water and rinse thoroughly one last time to remove any more sand. Place in a blender. Add 1 cup of fresh cool water and blend on high speed until a smooth gel forms, about 1-2 minutes.

→The sea moss gel will keep in the refrigerator for 2-3 weeks.

NOTES:

- I used raw milk (my new favorite obsession) to give added health benefits to this smoothie.
- You could substitute a healthier sweetener, like coconut sugar, for the sweetened condensed milk if you'd like, however the sweetened condensed milk provides the same flavor as the smoothie we had in Grenada.

