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## Baobab Recipes

### Drinks, Smoothies, Desserts

#### **Baobab Juice**

Ingredients:

60 g Baobab fruit pulp  
From 60 (European Style) to 120 g (African Style) Sugar  
1 litre Water

Preparation:

Mix Baobab fruit pulp with sugar and water.

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#### **Baobab Juice with Lemon and Orange**

Ingredients:

30 g Baobab fruit pulp  
60 g Sugar  
500 ml Water  
2 Lemons  
2 Oranges

Preparation:

Mix Baobab fruit pulp, sugar and water. Add freshly pressed orange and lemon juice.

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#### **Baobab Juice with Pineapple**

Ingredients:

15 g Baobab fruit pulp  
7 g Sugar  
250 ml Milk  
200 ml Pineapple juice

Preparation:

Mix Baobab fruit pulp, sugar, milk and Pineapple juice.

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#### **Baobab-Mango-Bananen-Smoothie**

Ingredients:

1 Banana  
1/2 Mango  
8 g Baobab fruit pulp  
300 ml Apple juice  
250 ml Milk  
Crushed ice (optional)

Preparation:

Mix all ingredients a few minutes in a blender. Serve it with or without crushed ice.

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#### **Baobab-Date**

Ingredients:

15 g Baobab  
5 pieces dates  
500 ml Water

Preparation:

Mix all ingredients

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#### Heart-warming start in the wintertime

Ingredients:

1 tsp. ground fresh ginger (2 - 3 g)  
Juice of ¼ lemon (15 ml) and lemon zests  
2 - 3 tsp. sugar (10 - 15 g)

Preparation:

Add 1 cup hot water (300 ml)  
Brew it for 5 min. Sieve it.  
Add 2 tsp. baobab fruit pulp (6 g)  
Add 1 pinch nutmeg.

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#### Peter's (Peter Gordon) Baobab-Smoothie

Ingredients:

300 ml Joghurt  
300 ml Milk  
3 ts Baobab  
4 ts Honey  
120 g Blueberry  
Mint (10 leaves)  
Basilikum (10 leaves)  
A handful spinach  
Crushed ice (optional)

Preparation:

Mix all ingredients together

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#### Smoothie

Ingredients:

handful of frozen blueberries  
Strawberries  
2 teaspoons baobab  
Frozen coconut meat  
Splash of nut milk  
Spoonful of nut butter  
Spoonful of cooked oatmeal

Preparation:

Mix all together.

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#### Baobab smoothie recipe (edenproject.com)

Ingredients:

200 ml apple juice  
100 ml natural yogurt  
1 banana, frozen  
180 g blueberries  
10-20 g baobab fruit pulp

Preparation:

Add all ingredients together

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#### **Ngalax or Ngalakh**

For the Couscous:

100 g Couscous  
300 ml hot water  
1 EL Butter

For the Dressing:

150 ml Water  
15 g Baobab fruit pulp  
150 g Peanut butter  
100 g Sugar  
1 Tsp. Vanilla sugar  
1 Tsp. Orange blossom water  
1/4 Tsp. Cinnamon  
Raisins, Almonds (opt)

Preparation:

Treat couscous with hot water. After 10 min. add butter and put the mixture into the fridge.

For the Dressing:

Mix water, baobab fruit pulp, peanut butter, sugar, vanilla sugar, orange blossom water and cinnamon and put this into the fridge. Serve the couscous with the cold dressing. Add raisins or almonds.

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#### **Baobab Cream from Zimbabwe (Mawuyu, Umkhomo)**

Ingredients:

40 g Baobab fruit pulp  
100 g Sugar  
125 ml Milk  
250 g Cream

Preparation:

Mix all ingredients together. Serve it

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#### **Golden smoothie recipe (edenproject.com)**

Ingredients:

1 banana  
1 litre coconut milk  
5 mint leaves finely chopped.  
Zest and juice of 1 lime  
100 ml water, plus more as needed.  
10 g panela sugar (unrefined whole cane sugar)  
10 g baobab powder  
5 g dried turmeric  
2 g ground cinnamon  
Pinch ground ginger  
10-20 g caster sugar

Preparation:

Put the sugars, turmeric, cinnamon and ginger in a pan with 100ml of water and bring to boil. Leave to cool and then place in a blender with all the other ingredients and blitz until smooth, adding more water if the consistency is too thick.

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#### **Baobab drink (edenproject.com)**

##### Ingredients

500 ml coconut milk  
1 litre pineapple juice  
5 g chopped fresh mint leaves.  
15 g baobab powder  
40 g panela (unrefined whole cane sugar)  
70 ml water

##### Preparation

Chop the mint.  
Blend the coconut and pineapple juice.  
Boil the sugar and water, add the baobab powder and mix to a smooth liquid, then blend in to the coconut mix.  
Divide into three containers and divide the chopped mint between.