

SUMA MANDARIANS – PLU 3632



There's No Wrestling with This Sumo

Sumo is a name that fits this new orange because of its size (it is one of the largest mandarins) and its distinctive topknot, like a sumo wrestler's. But wrestling is not an issue with the Sumo orange because its bumpy skin is so easy to peel.

Celebrated for its incredible taste and distinctive looks, the most beloved fruit of the decade is juicier than ever. For those searching for healthy (or just plain delicious) snack options in the New Year, look for the Sumo Citrus' signature 'top knot' in fruit aisles nationwide. You won't find Sumo Citrus piled up in the orange bin, however, this is a fruit that demands a place of its own.

Sumo Citrus sets itself apart from standard oranges in many ways. Starting with incredibly sweet taste. The experience of eating a Sumo Citrus is unlike anything else. It's easy-to-peel, seedless and doesn't make a mess—making it great for healthy, on-the-go snacking.

Sumo Citrus Agua Fresca



This bright and refreshing beverage tastes like a burst of summer in a glass. It's perfect for enjoying the height of the winter citrus season and tiding you over to the sunnier days ahead.

Course Drinks

Keyword agua fresca

Total Time 10 minutes

Servings 1 person

Calories 344 kcal

Ingredients

- 1-pound Sumo Citrus
- 2 tablespoons honey
- 1 tablespoon freshly squeezed lime juice

Instructions

1. Cut the Sumo Citrus in half across the equator. Hold one half of the fruit over a medium bowl in your left hand, and use a fork to gently poke the fleshy center of the fruit with your right hand. Squeeze the fruit with your left hand while twisting the fork with your right hand to burst as many little juice cells as possible and get all the juice out of the fruit. Don't be afraid to get as much pulp as possible in there, too, since you'll be pureeing it in a blender. 1 pound of Sumo Citrus will yield about 1 cup of pulpy juice.
2. Once all the Sumo Citrus are juiced, pour their juice, the lime juice, and the honey into a blender. Puree at medium high speed until completely smooth, about 30 seconds. Serve immediately, or refrigerate to enjoy later on. If you refrigerate it, some separation will occur so just give it a little stir again before consuming. Makes 1 serving.

Nutrition Facts

Sumo Citrus Agua Fresca

Amount Per Serving

Calories 344

% Daily Value*

Sodium 1mg**0%**

Potassium 821mg**23%**

Carbohydrates 89g**30%**

Fiber 10g**42%**

Sugar 77g**86%**

Protein 4g**8%**

Vitamin A 1020IU**20%**

Vitamin C 245.8mg**298%**

Calcium 181mg**18%**

Iron 0.5mg**3%**

* Percent Daily Values are based on a 2000 calorie diet.