

Chiku Juice

Cuisine

India / Tropical Regions

Chiku, also known as Sapodilla or Sapota, is a tropical fruit widely grown in India, Mexico, and the Caribbean. Traditionally eaten raw, the fruit became popular as a juice in India for its natural sweetness and creamy texture. Over time, variations with milk, ice cream, or other fruits (like banana) have emerged, making it a beloved summer refresher.

Time Required

- Preparation: 10 min
- Cooking: 0 min

Ingredients

- 4 ripe chikus (sapodilla/sapota)
- 1 cup chilled milk (or water for a lighter version)
- 2 tbsp sugar or honey (adjust to taste)
- 4–5 ice cubes
- A pinch of cardamom powder (optional)

Instructions

1. Wash and peel the chikus. Remove the seeds and cut the fruit into pieces.
2. Add the chiku pieces into a blender.
3. Pour in chilled milk (or water), sugar/honey, and ice cubes.
4. Blend until smooth and creamy.
5. Strain if desired for a smoother texture.
6. Serve immediately, garnished with a sprinkle of cardamom powder or a chiku slice on the rim of the glass.