



COLLEGE OF  
AGRICULTURE  
& LIFE SCIENCES  
CAMPUS ARBORETUM

## O-“PUNCH”ia Recipe

*This delicious drink is made from the fruit of prickly pears, botanically grouped in the genus *Opuntia* (pronounced O-punch-ah)*

### **You will need:**

2 quarts of prickly pear fruit  
3 quarts of calamondin limes  
Salad tongs  
Spine proof collection container  
Electric blender  
Cheese cloth or strainer  
1 Gal. juice pitcher  
 $\frac{1}{4}$  -  $\frac{3}{4}$  C. sweetener (sugar, honey or agave syrup)

Collect 2 quarts of full ripened prickly pear fruit. It should be a dark red-purple color. Be careful to avoid the spines as you collect the fruit. You can use tongs to remove the fruit from the stems. To remove the spines from the fruit, use a gas top stove or any open flame. The spines burn off very quickly and easily. Peel the prickly pear fruit or cut them in half and use a spoon to scoop out the insides. Blend the fruit pulp for about 10 seconds and strain. This should yield about 1 qt. juice / Collect 3 quarts calamondin limes. They can be slightly green in color without affecting their flavor. Peel the limes. Blend for about 10 seconds and strain. This should yield about 2 quarts juice. / Mix prickly pear and calamondin lime juice in a one gallon pitcher. Add about 1 quart of water and  $\frac{1}{4}$  -  $\frac{3}{4}$  cups sugar (or sweetener) to taste. Serve over ice.



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