

Sea Moss Drink



Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Drink Cuisine: Caribbean Servings: 5 cups Calories:
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Ingredients

- 1lb. sea moss
- 1 tin condensed milk
- 1 pk 250ml evaporated milk
- 1 stick of cinnamon
- 2 limes
- 2 tsp. Angostura bitters
- Sugar to taste
- Water

Instructions

1. Clean the sea moss and soak with lime juice overnight.
2. Wash and boil with the cinnamon until the sea moss becomes jelly like. Remove the cinnamon. Bend and strain the mixture. Leave to cool.
3. Place in a blender and add milk (condensed and evaporated). Blend until it becomes smooth and lose.
4. Add bitters and sugar to taste. Mix well and serve with ice.