

Origin



Ecuador

Prep Time



1 hour 15 minutes

Serves



10 people

Utensils



# Drinks

## KIDS Colada Morada-Berry Drink

Spiced berry and purple corn drink (GF) (VEG)

Colada morada or spiced berry and purple corn drink is a traditional Ecuadorian drink made with fruits, spices, and purple corn flour. Colada morada is prepared for the Day of the Deceased celebrations in Ecuador. Ecuadorians celebrate el Dia de los Difuntos or Day of the Deceased on November 2nd, this celebration is both similar and also different than the better known Mexican Day of the Dead (November 1).

It's similar in that it is a day to honor and remember all the loved ones who have passed away. People go to the cemeteries to visit the tombs, they take flowers and tend to the gravesites.



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(GF) = gluten free; (VEG) = vegan

## Colada Morada

### INSTRUCTIONS

- 1 Place pineapple skins and core, cinnamon, spices and panela or brown sugar in a large pot with 8 cups of water. Boil for 20-25 minutes
- 2 Add lemon myrtle, lemongrass and orange peel. Reduce heat and simmer for 10 minutes. Remove and strain
- 3 In a separate pot, add 4 cups of water with blueberries and blackberries, boil for 20 minutes. Remove from heat, allow to cool, until safe to handle. Blend and strain
- 4 Mix cup of the purple corn flour with 1 cup of spice pineapple liquid until well diluted. Add the strained berry mix, the naranjilla juice, the spiced pineapple liquid and the diluted purple flour mix to a large pot. Cook over medium heat, stir constantly to keep it from sticking. Bring to a boil
- 5 Add pineapple chunks and reduce to simmer for 10 minutes. Remove from heat, add the sliced strawberries.
- 6 Serve warm or cold. Enjoy!

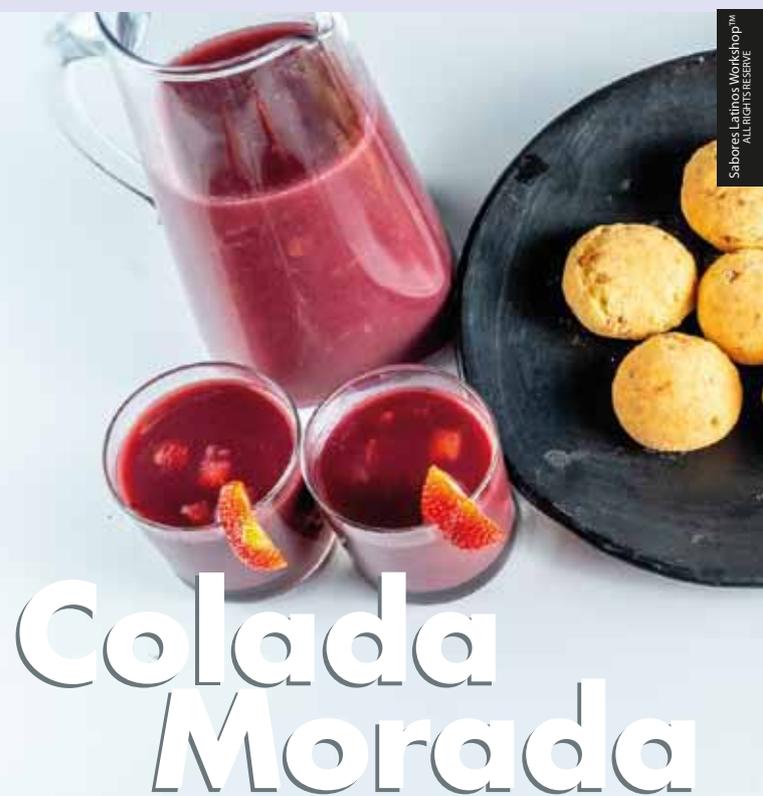
## Colada Morada

### INGREDIENTS

- 1 cup purple or black corn flour or cornstarch
- 400 g naranjilla or lulo pulp thawed if frozen...or passion fruit or pineapple juice
- 2 cups blackberries frozen or fresh
- 2 cups blueberries frozen or fresh
- 2 cups strawberries sliced
- 1 pineapple peels and core + 2 cups finely diced flesh
- 5-6 cinnamon sticks
- A few Australian lemon myrtle leaves fresh or dry
- A few lemongrass leaves fresh or dry
- 2 pieces orange peel
- Additional fruits that can be added: peaches, apples
- 12 cups water



Warning : The recipe is only to be prepared under adult supervision



# Colada Morada

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