

Apple Cider Spritzer

1. FILL 8-12 ounce glass ½ full with apple cider.
2. ADD 1 splash (about 2 tsps) of 100% pomegranate juice
3. TOP OFF with plain seltzer water and stir well
4. Serve over crushed ice

Tropical Fruit Spritzer

1. COMBINE 1 part 100% mango juice, 1 part guava juice plus juice of ½ lime ... stir well.
2. Combine half & half with seltzer water, add ice, garnish with a wedge of lime and a sprig of fresh mint and serve!

Chilled Almond-Chai Milk

1. Steep 6 Chai tea bags in 6 cups of heated (not quite boiling) organic unsweetened vanilla almond milk in a glass carafe for about 5 minutes.
2. Stir in 2 TBSPs organic agave syrup until dissolved.
3. Pour into 1 gallon pitcher over 2 trays of ice cubes. Serve.

ICED TEA

Be creative ; try lots of different tea combinations!

INGREDIENTS

- 16 TEA BAGS (FRUIT, HERB, GREEN OR WHITE TEAS)
- 1/3 CUP HONEY or AGAVE SWEETENER
- LARGE (1 gallon) PITCHER $\frac{3}{4}$ s FULL OF ICE CUBES (about 3-4 trays)

PREPARATION

1. FILL WATER KETTLE AND BOIL WATER. CAREFULLY POUR INTO A (12 cup) GLASS COFFEE CARAFE OR MEASURING CUP WITH THE TEA BAGS AND HONEY (or AGAVE) IN IT. STIR THE HONEY UNTIL IT DISSOLVES AND LET THE TEA STEEP FOR ABOUT 4-5 MINUTES.
2. FILL PITCHER ALMOST TO THE TOP W/ICE CUBES AND REFRIGERATE
3. GENTLY PRESS LIQUID FROM TEA BAGS (WITH A WOODEN SPOON), THEN REMOVE FROM CARAFE AND (over the sink) POUR TEA CAREFULLY INTO THE PITCHER FULL OF ICE. STIR WELL. REFRIGERATE OR SERVE.

SOME VARIATIONS:

- “OLD SCHOOL”: 12 ORANGE PEKOE (DECAF) TEA BAGS PLUS JUICE OF 1 LEMON AND 1 LEMON THINLY SLICED TO PUT INTO COOLED TEA
- PEACH-MINT: 12 PEACH TEA BAGS & 4 MINT + ADD 3 SPRIGS OF FRESH MINT WHILE TEA IS BREWING, REMOVE BEFORE SERVING
- MINT-GREEN: 8 MINT, 8 GREEN (OR 8 GREEN PLUS 1 BUNCH FRESH MINT)
- HONEY-GREEN: ALL GREEN
- APPLE CINNAMON—8 CRANBERRY-APPLE ZINGER TEA BAGS + 8 WHITE TEA BAGS
- HONEY-LEMON: ADD $\frac{1}{2}$ CUP HONEY AND THE JUICE OF 1 LEMON TO 12 REGULAR TEA BAGS
- LEMON-MINT: 8 LEMON-LIFT TEA BAGS + 8 CHAMOMILE-MINT OR GREEN TEA-MINT TEABAGS

CHECKOUT THE TEA SECTION; POSSIBILITIES ARE PRACTICALLY UNLIMITED!

Thai Iced Tea

INGREDIENTS

- ½ cup Thai Tea Mix
- almond milk - 1 quart box
- 1 can low fat sweetened condensed milk -

DIRECTIONS

1. Bring water to boil and pour over the Thai tea mix. **Allow tea to steep for at least 30 minutes** and allow it to cool. The more concentrated the tea flavor, the better the Thai tea tastes.
2. whisk condensed milk & almond milk together
3. Strain the tea leaves through a fine mesh sieve. Set finished Thai tea aside to cool **FOR ABOUT 5 MINUTES.**
4. Whisk in the milks
5. Pour into 1 gallon pitcher filled with ice

Limeade

MAKE IT SPARKLE! Pour half limeade and half seltzer for a much lighter drink! This way, you are cutting sugar & calories in half, and it's still a delicious, refreshing drink for a warm summer day!

INGREDIENTS

- 12 limes
- 1 cup all natural (unrefined)sugar - **NOT** Sugar-In-The-Raw, the granules do not dissolve well
- 6 cups boiling water
- 1 pinch of salt
- ice cubes
- 1 or 2 limes to slice for garnish
- 1 bunch of fresh mint, washed and dried on paper towels

PREPARATION

1. Wash, dry, cut (on the “equator”) and juice the limes
2. Place the skins from 2 of the limes into a heat proof pitcher (OR a pan), then add the sugar, followed by **briskly** boiling water. Whisk or stir well until sugar seems mostly dissolved, then cover. Let stand 15 minutes.
3. Stir in the salt. Strain into another pitcher and add the lime juice. Add half of the mint, stems and all, and smash into bottom of pitcher using a wooden spoon.
4. Add 1 tray ice cubes and let cool. Serve over ice with lime slices and little sprigs of the mint. .

Moroccan Mint Tea

Classic Moroccan Mint Tea is made by steeping green tea with spearmint leaves. Many families serve it more than once a day. Moroccan tea pots vary in size, but a small pot typically holds about a half liter (six glasses) of tea, while a larger pot holds approximately a liter (12 glasses). The measures below are for a small pot of tea and are approximates since tea leaves vary in quality and strength. A variety of green tea called Chinese gunpowder is the preferred tea to use.

INGREDIENTS

- 6 TBSPs gunpowder green tea leaves OR 12 green tea bags
- 1 large bunch fresh spearmint leaves, washed
- 10 cups boiling water
- 1 cup sugar

PREPARATION

1. Put the mint leaves, tea bags and sugar into a 12 cup coffee carafe, and fill with boiling water. Stir, then leave the tea to steep for five minutes or longer.
2. Strain the tea into ice filled pitcher, pressing as much liqui as possible from the tea and mint. Garnish with fresh mint sprigs and serve.

Raspberry-Lime Rickey

This is a summer classic and very refreshing. Try with cherries, or just lime.

INGREDIENTS

- JUICE OF 8-10 LIMES -- SAVE SKINS OF 2 TO USE IN SYRUP
- 1 LIME CUT INTO THIN SLICES FOR GARNISH
- 4 CUPS COLD WATER
- ABOUT 1 QUART OF PLAIN SELTZER WATER
- ICE CUBES

FOR SIMPLE SYRUP:

- 1 CUP RASPBERRIES
- 1 ½ CUPS WATER
- 1 ½ CUPS ALL NATURAL/ORGANIC SUGAR

PREPARATION

SYRUP:

1. COMBINE SUGAR AND WATER IN A SMALL SAUCEPAN AND STIR, OVER MED/HIGH HEAT, UNTIL SUGAR IS COMPLETELY DISSOLVED.
2. BRING MIXTURE TO A BOIL AND ADD IN THE LIME SKINS AND THE RASPBERRIES. REDUCE HEAT AND SIMMER (SMALL BUBBLES, GENTLE MOVEMENT) FOR ABOUT 15 MINUTES. REMOVE FROM HEAT AND COOL.
3. SQUEEZE THE SYRUP OUT OF THE LIME SKINS AND REMOVE, THEN STRAIN RASPBERRIES OUT OF THE SYRUP, USING A SIEVE AND PUSHING ON THE BERRIES WITH A SPOON TO GET AS MUCH LIQUID AS POSSIBLE IN WITH THE SYRUP.

MAKE YOUR LIME RICKEY:

4. PUT A COUPLE OF ICE CUBES AND ABOUT 2 TBSPS OF THE SYRUP INTO EACH GLASS, THEN FILL SLOWLY WITH THE SELTZER WATER, STIRRING. TASTE AND ADD A BIT MORE SYRUP IF YOU NEED IT. POUR YOURSELF A DRINK AND ENJOY!

MADE-FROM-SCRATCH LEMONADE OR LIMEADE

A combination of half and half lemon and lime is my favorite version of this refreshing classic. TO CUT CALORIES/SUGAR SIGNIFICANTLY, FILL YOUR CUP ½ TO 2/3'S FULL WITH THE LEMON OR LIMEADE AND TOP OFF WITH 1/3- ½ PLAIN SELTZER WATER.

INGREDIENTS

- JUICE OF 8-10 LEMONS OR LIMES -- SAVE SKINS OF 2 TO USE IN SYRUP
- 1 LEMON OR LIME CUT INTO THIN SLICES FOR GARNISH
- 5 CUPS COLD WATER
- 3 TRAYS OF ICE CUBES
- **DOUBLE** RECIPE OF CITRUS SIMPLE SYRUP (SEE BELOW)

PREPARATION

1. JUICE TWO OF THE LEMONS OR LIMES AND SET THE SKINS ASIDE TO USE IN THE SYRUP.
2. MAKE THE SIMPLE SYRUP AND SET ASIDE TO COOL
3. FINISH JUICING THE LEMONS OR LIMES AND STIR INTO THE 5 CUPS OF COLD WATER
4. POUR INTO A 1 GALLON - OR LARGER - PITCHER AND WHISK IN THE COOLED SYRUP
5. ADD THE ICE, STIR AND CHILL UNTIL READY TO SERVE - TOP WITH SLICES OF LEMON OR LIME BEFORE SERVING

~~~ Citrus Simple Syrup ~~~

INGREDIENTS

- 1 CUP WATER
- 1 CUP ORGANIC CANE SUGAR
- 1 SKIN FROM JUICED LEMON OR LIME, CUT INTO QUARTERS

PREPARATION

5. COMBINE SUGAR AND WATER IN A SMALL SAUCEPAN AND STIR, OVER MED/HIGH HEAT, UNTIL SUGAR IS COMPLETELY DISSOLVED.
6. BRING MIXTURE TO A BOIL AND STIR IN THE LEMON OR LIME SKINS. REDUCE HEAT AND SIMMER (SMALL BUBBLES, GENTLE MOVEMENT) FOR 10-12 MINUTES. REMOVE FROM HEAT AND COOL

SPARKLING POMEGRANATE LEMONADE

This is a refreshing version of a classic, with fewer calories and nutritional kick courtesy of one of nature's most powerful super foods: the pomegranate!

INGREDIENTS

- JUICE OF 8-10 LEMONS SAVE SKINS OF 2 TO USE IN SYRUP
- 1 LEMON CUT INTO THIN SLICES FOR GARNISH
- 3 CUPS COLD WATER
- 2 TRAYS OF ICE CUBES
- **DOUBLE** RECIPE OF CITRUS SIMPLE SYRUP (SEE BELOW)
- 16 OUNCES OF POMEGRANATE JUICE
- 1 BUNCH FRESH MINT LEAVES

PREPARATION

1. JUICE TWO OF THE LEMONS AND SET THE SKINS ASIDE TO USE IN THE SYRUP.
2. MAKE THE SIMPLE SYRUP AND SET ASIDE TO COOL
3. FINISH JUICING THE LEMONS AND STIR INTO THE 3 CUPS OF COLD WATER ALONG WITH THE POMEGRANATE JUICE
4. POUR INTO A 1 GALLON - OR LARGER - PITCHER AND WHISK IN THE COOLED SYRUP
5. ADD THE ICE, STIR AND CHILL UNTIL READY TO SERVE - TOP WITH SLICES OF LEMON OR LIME BEFORE SERVING

~~~ Citrus Simple Syrup ~~~

INGREDIENTS

- 1 CUP WATER
- 1 CUP ORGANIC CANE SUGAR
- 1 SKIN FROM JUICED LEMON, CUT INTO QUARTERS

PREPARATION

1. COMBINE SUGAR AND WATER IN A SMALL SAUCEPAN AND STIR, OVER MED/HIGH HEAT, UNTIL SUGAR IS COMPLETELY DISSOLVED.
2. BRING MIXTURE TO A BOIL, ADD THE LEMON SKINS...REDUCE HEAT AND SIMMER (SMALL BUBBLES, GENTLE MOVEMENT) FOR 10 MINUTES. REMOVE FROM HEAT AND COOL

LAVENDER LEMONADE

A surprisingly tasty summer favorite! To lighten the calories, mix 2/3's lavender lemonade with 1/3 diet gingerale or seltzer water.

INGREDIENTS

- ⌘ ¼ cup food grade lavender buds
- ⌘ ¼ cup chopped dried, hibiscus flowers
- ⌘ 2 cups of water
- ⌘ 1 cup natural sugar (like Florida Crystals or Sugar-in-the-Raw)
- ⌘ ¼ cup cranberry (or plain) honey
- ⌘ 3 cups water
- ⌘ 1 ½ cups lemon juice
- ⌘ 1 lemon for garnish

These 2 items can be found at Atlantic Spice Company in Truro - online ordering available...

PREPARATION

1. In a large saucepan, combine the first 5 ingredients and bring to a boil (big, rolling bubbles), stirring until sugar is dissolved.
2. As soon as boil is reached, lower heat and SIMMER for 5 minutes, then remove from heat.
3. Let cool 10 minutes, then strain through a sieve into a 1 gallon pitcher (or punch bowl) filled almost full with ice cubes (4 ice cube trays). Add 3 cups of cold water, 1½ cups lemon juice and stir.
4. Add ice to fill the pitcher and garnish w/lemon slices before serving.

Homemade Soda

Yes! It's easy, delicious and better for you than store-bought soda! You can use natural, unrefined, organic sugar to make the simple syrup and it's a much safer, healthier choice than mass produced sodas that are heavily sweetened with refined sugar and corn syrup and contain dangerous phosphoric acids. The syrup will last a very long time in the fridge, so I usually make at least a double batch of a few kinds so I'll have them on hand.

REMEMBER – though it is better than store-bought for you, it still contains sugar and should be considered a once-in-awhile treat.

START WITH:

Simple Syrup

INGREDIENTS

- 1 CUP WATER
- 1 CUP ORGANIC CANE SUGAR, FLORIDA NATURALS OR SUGAR-IN-THE-RAW
- CHOICE OF FLAVOR ADD-INS

PREPARATION

1. COMBINE SUGAR AND WATER IN A SMALL SAUCEPAN AND STIR, OVER MED/HIGH HEAT, UNTIL SUGAR IS COMPLETELY DISSOLVED.
2. BRING MIXTURE TO A BOIL AND STIR IN THE ADD-INS. REDUCE HEAT AND SIMMER (SMALL BUBBLES, GENTLE MOVEMENT) FOR 10-12 MINUTES. REMOVE FROM HEAT AND COOL FOR 15 MINUTES. POUR SYRUP INTO BEVERAGE, STRAINING OUT ADD-INS, OR LEAVE ADD-INS IN IF STORING (IN TIGHTLY SEALED CONTAINER, REFRIGERATED).

ADD-IN:

GINGERALE: ABOUT A 1 ½ -INCH CHUNK OF PEELED GINGER ROOT, CUT INTO 2 OR 3 SMALLER PIECES

CREAM SODA: ½ OF A LARGE VANILLA BEAN, SPLIT OPEN DOWN THE MIDDLE

CREAMSICLE: ½ OF A LARGE VANILLA BEAN, SPLIT OPEN DOWN THE MIDDLE **PLUS** PEEL (NO PITH) OF 1 SMALL ORANGE -- OR ½ OF A LARGE ONE

“SPRITE”: PEEL (NO PITH) AND JUICE OF 1 SMALL LIME AND 1 LEMON **-ADD 1** ADDITIONAL TBSP SUGAR TO SUGAR-WATER MIXTURE

WHISK INTO SELTZER:

WHISK 2-3 TBSPS SYRUP (TO TASTE) INTO 1 ¼ CUPS PLAIN SELTZER WATER TO DISSOLVE. TAKE CARE TO LEAVE ROOM AT THE TOP..OR POUR ABOUT HALF OF THE SELTZER, STIR IN THE SYRUP, THEN ADD THE REST...THE SODA WILL BUBBLE UP A LOT AS YOU STIR IN THE SYRUP, BEFORE SETTLING DOWN. ADD ICE IF YOU'D LIKE AND ENJOY!

Agua Fresca

The Mexican drink agua fresca is made with fruit, but it is much different than juice. Fruit juice is typically made by squeezing the liquid from the fruit. Agua fresca starts with fresh water, and the fruit is blended or squeezed into it, resulting in a much lighter and refreshing drink.

Agua fresca can be made from any of your favorite fruits as well as chia seeds, dried hibiscus flowers or tamarind. Homemade agua fresca is also made with fresh, seasonal fruit which is much healthier than store-bought. You can also use your preferred sweetener whether that's sugar, piloncillo, stevia, or artificial sweetener so it's easy to adjust for your own dietary needs. If you use a granulated sweetener (such as white granulated sugar or piloncillo) you might want to make a simple syrup (sugar syrup) first, otherwise you will be stirring the agua fresca for quite a while until the granulated sugar dissolves.

Agua Fresca made with Fresh Fruit

Agua fresca can be made with virtually any fruit and you can combine different fruits to make up your favorite flavor. Some fruits such as melon and apples can be blended into the water after you remove the skins, seeds and stems. Simply cut them into chunks and blend them together with the water. Berries can be blended in whole, but sometimes the larger seeds (such as those found in blackberries and raspberries) are a nuisance, so aqua fresca using berries may need to be strained before serving. Citrus fruits can be squeezed right into the water, making it quick and easy to whip up a batch.

Spiced Hibiscus Agua Fresca

The color and flavor of this refreshing drink is similar to tart cranberry with a subtle tea flavor in the background. When it is served ice cold, the tea flavor is almost imperceptible. It is also loaded with Vitamin C, so it's good for you too! This version adds spices to create a new taste.

Ingredients:

- ½ cup dried food grade hibiscus flower petals
- 3 cups boiling water
- 6 cups drinking water
- ¾ cup sugar (*or 8 oz piloncillo)
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 1 pinch ground cloves
- 1-2 cups ice (if you need to serve it immediately)

Preparation:

1. Bring 3 cups of water to a boil and add the spices and whisk for 1-2 minutes until spices are incorporated. Pour the liquid over the hibiscus flowers. Let the flowers soak in the water for about 20 minutes. Pour the liquid and flowers through a strainer into a large pitcher. Add in the sugar and stir for 1-2 minutes or until sugar is dissolved.
2. Pour in remaining 6 cups of water and taste for sweetness. Add more sugar or water if necessary.
3. To serve immediately, only add in 5 cups of water and stir in the 1-2 cups of ice and stir until it is ice cold.
4. To use the piloncillo, chop it with a serrated knife into small pieces, then dissolve it in the simmering water with the spices (5-10 minutes) until it is dissolved. Follow rest of recipe **without adding additional sugar**.

Cucumber-Lime Agua Fresca

Wow; is this drink ever refreshing!

INGREDIENTS

- 1 pound cucumbers, cut into large chunks, PLUS some slices for garnish
- ½ cup freshly squeezed lime juice, plus some wedges for garnish
- 3 TBSPs organic sugar
- 1/8 tsp salt

PREPARATION

1. In a blender, combine cucumbers, lime juice, sugar, salt and 4 cups of cold water. Blend until smooth.
2. Pour mixture through a fine mesh strainer placed over a pitcher, pressing the pulp to release as much liquid as possible. Discard pulp. Add enough ice to fill the pitcher. Put a few cuke slices and lime wedges into the pitcher and use others to garnish glasses.

VARIATION: I love the flavor of mint, so I like to throw 4 or 5 mint leaves into the blender with the other ingredients and then garnish glasses with a little sprig of mint as well.

Chia Fresca con Lima y Menta

A lime drink with chia seeds and mint leaves

INGREDIENTS

- 48 oz cold, fresh drinking water
- 4 limes
- ¼ cup sugar or sweetener of choice (see below for details)
- three TBSPs fresh chia seeds

PREPARATION

- 3. Preparing the Lime and water:** Pour the water into a pitcher. Roll each lime while pressing firmly, on a sturdy surface such as a counter for about ten seconds. Slice the lime in half and squeeze the juice into the water. You want about one TBSP of lime juice for a single 12 oz. glass, but of course add more or less juice to taste. Stir in the sugar or add sweetener to taste.
- 4. Sweeteners:** If using granulated sugar or piloncillo, you may want to dissolve it in boiling water first to make a simple syrup otherwise it will take a while for it to dissolve in the cold water. I find that natural Stevia drops offer the best sweetening power without the extra calories. I use 7-10 drops for a single glass, or one dropper full for a pitcher.
- 5. Adding the Mint and Chia:** Once you have achieved the sweetness level you prefer, it's time to add the mint and chia. Roll up a single mint leaf and slice the roll across into 2 millimeter slices. Unravel the sliced mint leaf pieces and drop them into the lime water. Then add the chia seeds, stir it all up and let it sit for about 10 minutes. During this time, the mint oils will begin to flavor the water and the seeds will absorb the water and become gelatinous. You can stir it occasionally if the seeds seem to be floating or falling to the bottom. Fresh seeds will float throughout the liquid, while older ones tend to sink to the bottom. If they sink, that is fine, you will just need to stir them up a bit to keep them evenly dispersed.
- 6. Serving the Chia Fresca:** I like to add a slice or wedge of lime to my glass for garnish. You can also slice a lime and let the slices float on the Chia Fresca in the pitcher. You can also add ice to it to chill it, or keep it in the refrigerator to keep it cold. A sprig of mint can also be added to each glass for decoration, or a few mint leaves floating on the top is a nice touch as well.

Lemon Chia Fresca

Bubbles make this version extra refreshing!

INGREDIENTS

- 4 TBSPs chia seeds
- 2 cups water
- juice of 4 lemons
- 2 cups sugar (organic/raw)
- 4 quarts plain seltzer water or club soda
- Lemon wedges for garnish (optional)

PREPARATION

1. Combine the chia seeds and water in a bowl and let soak overnight (preferably) or at least an hour.
2. Combine lemon juice and sugar in a saucepan and heat just until the sugar grains dissolve. Remove from heat and cool completely.
3. Whisk together with the water and chia seeds.
4. To make your fresca – fill cup about halfway with the chia-water mixture, then top off with seltzer (or club soada). Stir to combine, add an ice cube and enjoy!

Agua Fresca con Fruta

Agua fresca can be made with virtually any fruit and you can combine different fruits to make up your favorite flavor. Some fruits such as melon and apples can be blended into the water after you remove the skins, seeds and stems. Simply cut them into chunks and blend them together with the water. Berries can be blended in whole, but sometimes the larger seeds (such as those found in blackberries and raspberries) are a nuisance, so aqua fresca using berries may need to be strained before serving. Citrus fruits can be squeezed right into the water, making it quick and easy to whip up a batch.

INGREDIENTS

- 4 cups drinking water
- 2 cups fresh fruit
- ¼ cup all natural/organic sugar
- 2 tsps lemon or lime juice
- lime or lemon wedges for garnish

PREPARATION

1. In a blender combine water and fruit. Puree until smooth.
2. **Pour mixture through a sieve** into a pitcher or serving container. Stir in lemon or lime juice and sugar. Add additional sugar to taste.
3. Garnish with a lemon or lime wedge, chill and serve.

Mango Lassi

INGREDIENTS

- 1 cup plain NF yogurt
- 5 fluid ounces skim or 1% milk
- about 7 ounces (200 grams) pulp from 3 fresh mangos, sliced
- 4 tsps sugar, to taste, or feel free to try salt and cardamom seeds

PREPARATION

1. Put all the ingredients into a blender and blend for 2 minutes, then pour into individual glasses, and serve. The lassi can be kept refrigerated for up to 24 hours

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# *Ginger-Mango Lassi*

## **INGREDIENTS**

- 2 mangos
- 1-inch piece of ginger
- 2 (8-ounce) containers vanilla yogurt
- 1 handful of ice cubes
- 2 TBSPs honey

## **DIRECTIONS**

1. To remove the flesh of the mango, cut the flesh away from the pit in 2 large pieces. Use a paring knife to cut through the flesh (but not through the peel) in a crisscross grid pattern. Use your thumbs to press against the skin side and pop the mango cubes up. Cut across the bottom, along the peel and add the cubes to the blender.
2. Peel ginger. Grate ginger finely into bowl. Use fingers to squeeze juice out of gratings. Discard juiced gratings.
3. Put ginger and remaining ingredients in the blender and blend until thick and smooth.

# *Strawberry Lassi*

## INGREDIENTS

- 9 large, ripe strawberries, rinsed
- 2 TBSPs white sugar
- ¼ cup 1% OR unsweetened almond milk
- 1 cup non-fat yogurt
- 3 ice cubes

## PREPARATION

1. Put all the ingredients into a blender and blend for 2 minutes, then serve.

**VARIATION:** Try with any berries (about 2 cups) or a mixed berry combo

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Coconut Lassi

INGREDIENTS

- 2 cups non-fat plain, Greek style yogurt
- 2 TBSPs sugar (preferably natural, unrefined like Sugar-In-The-Raw or Florida Naturals – organic is best if you can swing it)
- 1 cup **light** coconut milk --- OR --- coconut water
- 2 TBSPs shredded (UNSWEETENED) coconut
- ½ tsp pure vanilla extract
- 4 ice cubes
- about 1 tsp freshly grated nutmeg to sprinkle on top -- **OPTIONAL**

PREPARATION

1. Put all the ingredients a blender and blend until smooth, then serve

Super Smoothie #1- The Berry Best!

INGREDIENTS

- 1 medium-large banana, cut into a few pieces (if you have frozen pieces, it's even better!)
- 1 & ½ cups frozen berry medley (raspberries, blueberries, strawberries)
- 1 full cup fresh (can sub frozen) blueberries, washed well
- 1 cup (preferably Greek style) plain non-fat yogurt
- ½ cup orange juice
- ½ cup pomegranate and/or acai juice (no sugar added)
- 1 cup unsweetened almond milk
- 1 TBSP raw honey OR organic agave syrup
- 2 TBSPs camu-camu OR maca powder (if available)
- ½ tsp almond extract

PREPARATION

1. In a large blender, place the frozen berries, the honey and the 2 juices and pulse until smooth.
2. Add yogurt, remaining fruit and the almond milk. Puree until smooth. Serve immediately or refrigerate until ready to drink.

Super Smoothie #2- Tropical Flavors

INGREDIENTS

- 2 large bananas, cut into a few pieces (if you have frozen pieces, that's even better!)
- 1 cup frozen mango chunks
- ½ cup frozen or fresh pineapple chunks
- 1 full cup fresh (can sub frozen) blueberries, washed well
- 1 cup (Greek style) plain non-fat yogurt
- ½ cup orange juice
- 1 cup acai juice (no sugar added)
- Juice of 1 lime
- 1 cup unsweetened coconut milk
- 1 TBSP raw honey OR organic agave syrup
- 1 TBSP + 1 TSP unsweetened coconut flakes
- 1 TBSP maca powder (if available)
- 1 TBSP flax seeds
- ½ tsp vanilla extract
- fresh nutmeg to sprinkle over top (optional)

PREPARATION

1. In a large blender, place the frozen berries, the honey and the 2 juices and pulse until smooth.
2. Add remaining fruit and the almond milk and puree until smooth. Serve immediately or refrigerate until ready to drink.

HOT BEVERAGES





Some Tasty Hot Beverage Ideas

HOT APPLE CIDER:

INGREDIENTS: 1 Quart good, local cider - 3 cinnamon sticks - COMBINE in a piece of cheese cloth & tie with kitchen twine: 3 or 4 whole cloves - 4 or 5 pieces whole allspice - ½ piece star anise (optional) - 1 TBSP orange juice - 1 or 2 oranges to slice for garnish

PREPARE: Add all ingredients to a heavy-bottomed sauce pan, bring to a slow boil, REDUCE to simmer the second it boils and simmer for 3-5 minutes before serving with orange slices.

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### **COCONUT-CHAI TEA:**

**INGREDIENTS:** Boxed (unsweetened original) coconut milk - decaffeinated Chai tea bags (I like Celestial Seasoning's "Bengal Spice" version) - ¼ tsp pure vanilla or almond extract per serving (OPTIONAL) - All natural/organic Stevia (OR organic agave syrup)

**PREPARE:** Bring coconut milk to a slow/low boil in saucepan (or microwave- 4minutes, 10 seconds on high for 1 mug). Pour the hot milk over teabag(s). Stir in your sweetener of choice and let steep for 3-4 minutes. VARIATION: Use unsweetened original almond milk instead of coconut milk.

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MEXICAN HOT CHOCOLATE (CHOCOLATE CALIENTE):

INGREDIENTS: 4 cups milk or water - 2 tablets (3 oz. each) Mexican chocolate, broken into chunks-

If you can't find Mexican chocolate: melt dark (60%-70%) chocolate until almost liquid, remove from heat and stir in 2 tsps cinnamon, 2 TBSPs sugar and ½ to 1 tsp chili powder (ancho or chipotle). Remove chocolate from heat and stir until it starts to harden again ... fill ring molds with it until it hardens into a disk to use later or use immediately.

PREPARATION: Combine milk or water and chocolate in a saucepan and place over medium heat. Bring to a boil, about 10 minutes. Stir continuously to completely dissolve the chocolate. Remove from heat. Using a hand blender, mix liquid until foamy, about 2 minutes. Serve hot.