

# Fun Summer Recipes



## Blueberry Fizz

Blueberries are not only good for you, they are delicious. This drink can be made any time using frozen blueberries if fresh berries are not available.

*\*Tip* - Be aware that citrus, if left too long, can make drinks bitter. If you plan to chill for more than a couple of hours, do not add the lemon or lime slices until 2 hours prior to serving. Also, if you have leftovers, remove citrus from remaining drink mix before storing in refrigerator.

### Ingredients:

1 liter ginger ale, chilled  
1/4 cup blueberries  
1/4 lemon, thinly sliced and seeded  
1/4 lime, thinly sliced and seeded

### Directions:

Add 1/2 of the ginger ale to your favorite pitcher or jar.  
Add the blueberries, lemon and lime slices.

Refrigerate for 1-2 hours, stirring occasionally.

When ready to serve, add a few ice cubes to a glass, fill half-way with the blueberry drink and top with remaining chilled ginger ale. This will ensure your drink has fizz.



## Fresh Fruit Popsicles

Popsicles are one of the most versatile cold treats you can make. Using fresh fruit, fruit juices or just about anything you can dream up, the flavor combinations are endless.

One of the great things about this recipe is you can make it based on which fruits are in season. In addition, you can use it to make flavored ice cubes to float in lemonade or other drinks.

### Ingredients:

2 cups white grape juice  
3 kiwi, sliced thinly  
6 strawberries, sliced thinly  
18 -20 blueberries  
Popsicle molds



### Directions:

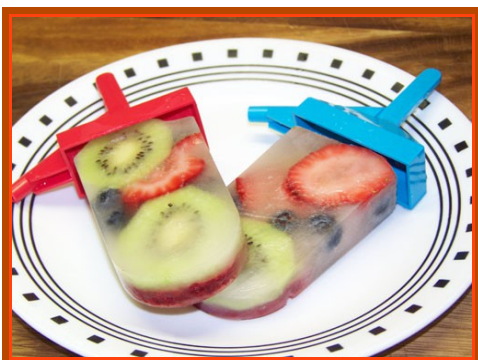
Equally divide fruit among popsicle molds.

Pour grape juice into each mold to fill to given "fill" line or leaving about 1/4 inch space at the top. Add popsicle sticks & cover. Freeze several hours or overnight.

When ready to serve, run a small amount of warm water over mold to loosen the popsicles.

Makes 4-8 popsicles, depending on the size of your molds.

**\*Tip:** You can use any combination of your favorite fruits. Blackberry, raspberry, peach, mango and grapes work well. Just ensure you slice them thin. You might also want to try using lemonade or apple juice instead of grape juice.



## Peanut Butter & Jelly Ice Cream Sandwich

Kids and adults alike will love this delicious twist on a classic taste. Surprise your next house guests or party goers by making these a day or two ahead of time and serving them as a treat or dessert.

**Note:** Some cookie brands freeze harder than others. Once you remove the sandwich from the freezer, you may want to allow it to thaw a few minutes before serving.

### Ingredients:

16 tsp strawberry jam (or your favorite flavor)  
16 soft peanut butter cookies  
1 vanilla ice cream (about 1 pint)  
\* For large cookies or thicker 'sandwiches', more ice cream may be required

### Directions:

Spread 1 teaspoon jam onto bottoms of all 18 cookies.

Using a knife, cut ice cream into eight 1/2 inch thick slices. Work quickly to avoid ice cream becoming soft!

Using a glass, cookie or biscuit cutter roughly the same size as the cookies, cut ice cream into rounds. Place one round onto a cookie, repeat with 7 more cookies. Top with remaining cookies. Gently press together.

Wrap individual sandwiches tightly with plastic wrap and freeze 4 hours.



## Frozen Reese's S'mores

S'mores are a fun summer treat typically created around a campfire. But just because you aren't near a fire doesn't mean you can't enjoy the goodness. We've taken this traditional treat and turned it into a frozen delight.



**Important!** The recipe calls for hot fudge ice cream topping. Do not try to substitute chocolate cake frosting or liquid Hershey syrup for it. You will have a big mess!

In this recipe we have used chocolate chip cookies, but these treats are equally great using snickerdoodles, peanut butter cookies and sugar cookies.

### Ingredients:

8 pre-made chocolate chip cookies (fresh or store bought)  
\* *Cookies should be about the same size as the mini peanut butter cups*  
4 marshmallows  
4 mini Reese's peanut butter cups  
4 tsp. hot fudge ice cream topping

**Tip:** You can use 1/4 cup softened vanilla ice cream per treat (1 cup total needed) for even more yummy goodness.

### Directions:

Lay 4 cookies flat side up on a plate, tray or cookie sheet. Spread ½ tsp. of fudge topping onto each cookie.

Toast marshmallows and immediately place on top of cookies; one marshmallow per cookie. Top with one peanut butter cup. Spread the remaining four cookies with fudge topping.

If adding ice cream, spread it on top of fudge topping. Place fudge/ice cream side down on top of peanut butter cup. Firmly press to ensure everything sticks together. Gently wrap each sandwich in plastic wrap.

Freeze for 1 hour. If using ice cream, you may need to freeze up to 2 hours for ice cream to become firm. (Serves 4)



# Homemade Vanilla Ice Cream

Homemade ice cream is delicious and a snap to make – if you are using an electric ice cream maker, that is. Growing up, I remember the hand-cranked ice cream maker being used which seemed to take forever...and you had to wait patiently for the heavenly homemade ice cream to be ready. (*Yes, it was worth the wait!*)

## Ingredients:

1 cups heavy whipping cream  
2 cups half-and-half  
1 cup sugar  
2 tsp. vanilla extract  
2 eggs  
¼ tsp. salt



**Important!** This recipe was made using a gel-based automatic ice cream maker. It requires you to pre-freeze the canister for several hours prior to making ice cream.

## Directions:

Add the whipping cream, half-and-half, eggs, salt sugar and vanilla to a large bowl.

Using a whisk or electric mixer, beat until well blended.

Chill in refrigerator for 1 hour or overnight, if making ahead.

Follow your ice cream maker's instructions for churning time. Ours needed to churn in the pre-frozen canister for about 25 minutes.

*Makes about 1 ½ quarts*





## June Bug

If you are looking for a quick refreshing drink, this one may be just right for you. With subtle hints of flavors, it makes you want to smack your lips.

You can triple the recipe, pour half into ice trays and freeze. Then, use the ice cubes to chill your June Bug drinks to ensure it doesn't get watered down. The ice cubes are also great for other drinks as well such as lemonade.

### Ingredients:

3 cups ginger ale  
4 tablespoons pomegranate juice  
4 tablespoons orange juice  
3 scoops orange sherbet

### Directions:

Blend together ginger ale, pomegranate juice, orange juice, and sherbet.

Refrigerate until ready to serve. Serve over ice.



## Mango Berry Slush

A slush is a great alternative to dairy based frozen drinks such as milkshakes and smoothies. Made with carbonated water and fresh fruit...the flavor combinations are endless.

If you don't have sparkling water, you can use regular tap water. It will still taste great!

### Ingredients:

1 1/4 cups sparkling water  
2 cups crushed ice  
1 cup fresh strawberries, sliced  
1/2 cup mango, peeled and chopped  
2 Tbsp. lime juice  
1-2 Tbsp. honey

### Directions:

Blend all ingredients until slushy. Pour into chilled glasses and serve immediately.

You can make this ahead of time and freeze. About 30-45 min. prior to serving, remove from freezer and allow it to thaw slightly. Run it through a blender again before serving.

**Idea:** Pour slush mix into ice trays and freeze. Store in an air tight container until ready to use. These berry flavored ice cubes are great with lemonade and many other drinks.





## Mixed Fruit Sorbet or Popsicles

The base ingredients of sorbet are simply sugar water and whatever you choose for flavoring. Because of this, you can turn practically anything into sorbet.

While this recipe is for a fruit based sorbet, don't be afraid to try out other flavors as well. You might enjoy coffee, hot chocolate, vanilla bean to name just a few.

### Ingredients:

3 cups frozen mixed berries  
5 tablespoons lime juice  
1 tablespoon lemon juice  
3/4 cups sugar  
1/4 cup water

### Directions:

In a small saucepan, bring water and sugar to a boil. Boil for 1-2 minutes or until sugar has dissolved. Allow to cool completely.

Using your blender, blend sugar-water, lemon and lime juice and frozen mixed berries. Transfer the mixture to an ice cream maker. Follow the instructions that came with your ice cream maker for making sorbet.

If you don't have an ice cream maker; pour mixture into a shallow dish, place dish in freezer, stir occasionally until sorbet reaches desired consistency.

Serve as sorbet or... Make popsicles!

Before freezing, transfer equal amounts of mixture into popsicle molds. Freeze for 4 hours or overnight. When ready to serve, run warm water over the molds for a few seconds to loosen popsicle from mold.



## Mocha Milkshake

If you're looking for a cool "pick me up" to get you through a hot afternoon, this recipe is sure to help. While there's certainly nothing wrong with a standard chocolate milkshake, sometimes you just want a bit more. For coffee drinkers and those who want a boost of energy, the added espresso is for you.

### Ingredients:

1/2 - 1 cup cold espresso  
2 cups chocolate ice cream (can substitute coffee or vanilla flavor)  
1/4 cup milk  
4 Tablespoons chocolate syrup

### Optional ingredients:

More chocolate syrup for drizzle  
Chocolate covered coffee beans  
Whipped topping  
Maraschino cherries

### Directions:

Chill glass before serving.

*\*If you don't have access to espresso, you can use strong coffee instead.*

Using a blender, blend 1/2 cup espresso, ice cream, milk and 4 tbsp chocolate syrup until smooth. If too thick, add more espresso until you reach desired consistency.

Drizzle 1-2 tbsp chocolate syrup inside each glass.

Fill glass with milkshake. Garnish with whipped topping, cherry and chocolate covered coffee beans

Enjoy!



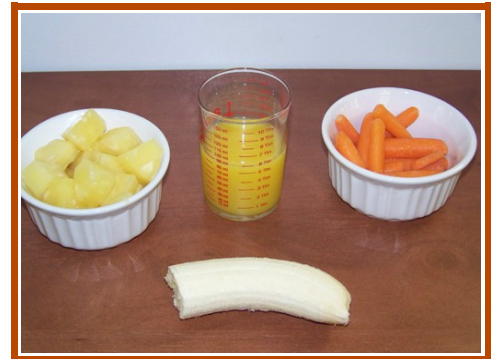
## Orange Carrot Smoothie

If you often find yourself too busy for breakfast or lunch, try this delicious recipe. For more stay-power to help you get through the day, add a little protein or vitamin powder before processing.

Double or triple the recipe and freeze the extra in air tight containers for days when you're running late. Simply toss frozen serving in the blender for a few seconds to have an instant healthy drink.

### Ingredients:

3/4 cup canned pineapple chunks  
1/2 cup ice  
1/3 cup fresh orange juice  
1/4 cup chopped carrot  
1/2 banana



### Directions:

Blend together all ingredients until smooth.

Pour into a chilled drink glass.



## Orange Creamsicle Float

If you're an orange creamsicle fan, you'll love this recipe. The base of any float is ice cream and flavored soda such as the traditional root beer or coke. However, we are taking the idea one step further and creating a smooth, delicious treat that will make your taste buds stand up and say Wow!

### Ingredients:

2 scoops vanilla ice cream  
1 scoop orange sherbet  
12 oz orange soda, chilled  
1/4 teaspoon vanilla (optional)

### Directions:

Chill float glass ahead of time.

Add ice cream to a float glass. Next add orange sherbet.

Tilting glass to reduce bubbles, pour in orange soda.

Gently stir in the vanilla.

Serve immediately.



# Fresh Strawberry Milkshake

Whether made from ice cream, iced milk or even frozen yogurt, milkshakes are a favorite cool treat amount kids and adults alike.

This recipe calls for fresh strawberries but if you want to make it out of season; you can buy frozen berries or even purchase strawberry flavored syrup for year-round goodness.

## Ingredients:

1/2 pound fresh strawberries  
3 tablespoons sugar  
1 teaspoon vanilla extract  
1 pint vanilla ice cream  
1/2 cup milk

## Directions:

Chill glass ahead of time.

Wash, hull and slice strawberries - reserving a few whole berries for garnish.

Place sliced strawberries, vanilla and sugar in a bowl. Stir and set aside for 30 minutes to 1 hour to allow berries to create syrup. Stir occasionally to ensure sugar dissolves completely.

Blend strawberries, ice cream, and milk until smooth. Pour into chilled glass and garnish glass rim with whole strawberry.

Serve immediately. (*Put in fancy glasses for extra special occasions!*)





## Watermelon Chiffon Pie

When you think Chiffon, you probably first think of Lemon Chiffon pie as it's the most common flavor. However, just because it's most common, doesn't mean you can't experiment with other flavors as we have done here. Chiffon can literally be made with just about any flavor you want; from strawberries, blueberries, peach or pumpkin to chocolate or coffee - the options are limitless.

This Watermelon version is not only light and airy; its flavor is light too. So for those who don't like power flavors like lemon may enjoy this version more.

### Ingredients:

2 Tbsp. Watermelon Jell-O (If you cannot find it, use unflavored gelatin)  
1/4 cup cold water  
1/2 cup boiling water  
2 cups pureed seedless watermelon  
1/2 cup powdered confectioners' sugar  
1 Tbsp. lemon juice  
2 egg whites  
1 cup whipping cream, whipped graham cracker crust  
Whipped topping to garnish



### Directions:

Depending on whether you use Jell-O or gelatin, the first step will vary.

Using Jell-O: Add the Jell-O to the boiling water and mix until Jell-O crystals dissolve. Add the boiling water and cold water to the heat-proof bowl and stir.

Using gelatin: In a medium size heat-proof bowl, add the cold water and unflavored gelatin. Mix and let sit for a few minutes until the gelatin softens. The gelatin will look and feel like globs of rubber at this point. Add the boiling water and stir well to ensure all the gelatin globs have dissolved.

No matter which you used; Jell-O or gelatins, the instructions from this point are the same.

Add the confectioners' sugar & lemon juice and watermelon puree. Stir well.

Set aside to bring mixture to room temperature. This step is important! Depending on whether you started with a room temperature melon or one that had been refrigerated, this may take 10 - 30 minutes.

Once it reaches room temperature, refrigerate until the mixture begins to thicken; about 20 minutes.

Once thickened, in a separate bowl, beat the egg whites until stiff and fold them into the mixture.

In a separate bowl using a mixer whip whipping cream until fluffy then fold into watermelon mixture. Once everything is combined well, pour into prepared crust. Refrigerate until firm.

Garnish each serving with whipped topping.



## Watermelon Mint Smoothie

On a hot day, there's nothing better to cool you down than a nice cold smoothie. While the watermelon in this recipe may be mild, the fresh mint will recharge your taste buds as well as your body.

If you like to experiment with your recipes, try using flavored yogurt such as vanilla, peach or lemon.

### Ingredients:

2 cups seedless watermelon chunks  
1 tablespoons honey  
1 tablespoon fresh mint leaves  
1 cup plain yogurt

### Directions:

Puree watermelon, honey and mint in a blender. Do not over blend!

Add yogurt and pulse until smooth.

Garnish with a wedge of watermelon and a mint leaf.

Serve immediately.



## Watermelon Sorbet

Sorbet is a frozen treat made from sweetened water and your favorite fruit. This recipe is for watermelon sorbet which you'll find has a lighter flavor than a lot of sorbets you can make or buy. The key to making this recipe great is finding a melon that has a lot of flavor and natural sweetness.

If you buy large melons and find you cannot eat it all, this is a great way to use up the excess melon. If your melon doesn't have a lot of flavor, you can add flavored syrup or even a few teaspoons of watermelon flavored Jell-O to enhance the flavor.

### Ingredients:

1 cup sugar  
1 cup water  
8 cups cubed seedless watermelon  
2 tablespoons lemon juice

### Directions:

In a small saucepan, bring water, lemon juice and sugar to a boil. Boil for 1-2 minutes or until sugar has dissolved. Allow to cool completely.

Using your blender, process watermelon until pureed.

Transfer the puree and sugar water to an ice cream maker. Follow the instructions that came with your ice cream maker for making sorbet.

If you don't have an ice cream maker; pour mixture into a shallow dish, place dish in freezer, stir occasionally until sorbet reaches desired consistency. If sorbet over-freezes you can allow it to thaw slightly then process it in a blender to get the desired consistency.



## Yogurt Parfait Ideas



While many people love yogurt on its own, it can get a little bit dull. Why not dress it up with some healthy additions for added flavor and texture?

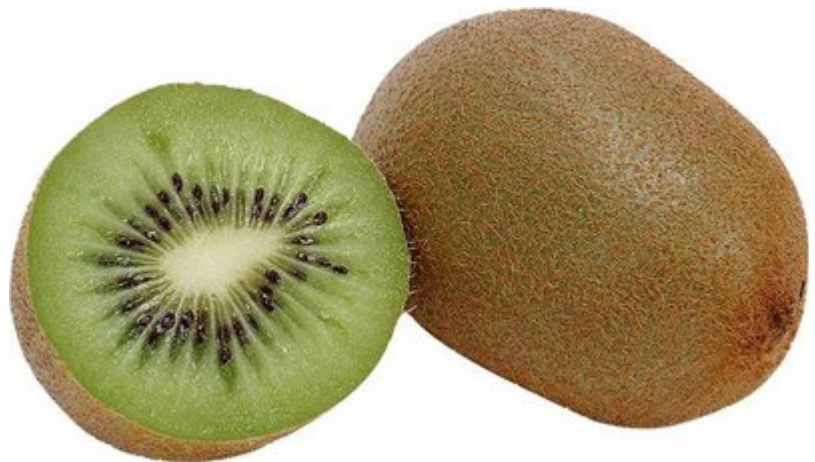
Many yogurts contain probiotics and they help regulate your digestive system and protect you from harmful bacteria. Read the label to ensure your yogurt includes live bacterial cultures, so you are getting the health benefits.

Kids love yogurt parfaits too. Plus, they're much healthier than an ice cream sundae and can be just as exciting if you let them assemble their own parfait. Just wash, cut and prepare the various ingredients and let them go at it.

***Here are some ideas for your yogurt parfait...***

- ξ Try different flavors of yogurt, so you can layer different colors into your parfait. As you can see in the picture, we've used vanilla and blueberry yogurt.
- ξ Add some crunch with granola or just plain old healthy oats. We've used oats in our yummy example. You can also try a variety of crushed nuts.
- ξ Add fruit like sliced grapes, strawberries, raspberries, kiwi, banana, mandarin slices and more.
- ξ Simply add a layer of yogurt. Top with oats or granola and then some fruit. Repeat the process until you get the right-sized parfait for you.

Your yogurt parfait is what you make of it and no two are quite the same. Serve up one of these as a snack, lunch accompaniment or even a dessert after dinner.





# Yogurt Mandarin Dessert

## **Ingredients:**

3 seedless mandarins (tangerines, satsumas or clementines), segmented  
1 mandarin, juiced  
4 tbsp water  
5 oz sugar  
Vanilla yogurt

## **Instructions:**

Mix the water with the sugar in a microwaveable bowl and cook on High for about 5 minutes, until the mixture is golden and bubbling hot. Carefully remove the hot bowl from the microwave and stir in the mandarin juice. The mixture is really hot and bubbling, so watch out when handling it.

Add the mandarin segments and stir well. Serve immediately with vanilla yogurt.

Serves 4

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