

435 Hot & Cold Beverages

About Juicing For Health

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Fruit and vegetable juices are the cleansers, energizers, builders, and regenerators of the human system. A combination of either fresh, raw fruit or vegetable juices will supply all the enzymes, vitamins, minerals, protein and fats critical to increased vitality! By adding live juices to one's diet as a daily routine, many have experienced a rejuvenating effect and healing of various illnesses such as cancer, leukemia, arthritis, high blood pressure, kidney disorders, skin infections, liver disorders, alcoholism and smoking. Supplying the body with easily-absorbed nutrients, while the body is cleansing itself in the fasting state, avoids the dangers of total abstinence associated with water fasting. For most health conditions, juice fasting is the best method to transform health. Because juice fasting removes toxins and excess fatty tissue while supplying a full spectrum of nutrients, it has an advantage over any weight loss program.

They reduce your urge to eat!

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**Especially if you make your own smoothies. Homemade fruit smoothies are packed with ingredients proven to keep you full for hours: fiber from whole fruits, soy or whey protein, essential fats, wholesome yogurt, etc.**

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They are a metabolism boosting breakfast!

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**Experts say that your morning meal can play a key role in your weight loss efforts by helping to curb your mid-morning and afternoon appetite. Food choices at breakfast time can determine your blood sugar levels for the rest of the day.**

**A study at the Harvard University\* determined blood sugar levels for six hours after meals high in carbohydrate, fat or protein were eaten. In the high-carbohydrate meal, the blood-sugar levels rose rapidly but fell to an extremely low level causing fatigue and inefficiency. However, after the high-protein meal was consumed, the metabolism rose faster and the blood sugar levels stayed high the entire six hours.**

**Similar studies show when there is a combination of carbohydrate, protein and fat, which slow digestion, the sugar is gradually absorbed into the blood. The result is a higher level of energy for many hours and lower fat-making insulin levels.**

**A protein-rich fruit smoothie with added oil or wheat germ, is an excellent combination of carbohydrate, protein and fat.**

## **ABOUT THE TYPICAL NORTH AMERICAN DIET**

**"The processed food industry loads fat, sugar and salt into their products because they are cheap. They use chemicals to change these cheap, raw materials into brightly-colored, tasty products with a long shelf life. Food producers buy the cheapest raw materials, manufacture the product as quickly as possible, then sell it for the highest price.**

**Good business sense, but, what is lost in the manufacturing is quality."**

**"Dyes, bleaches, antioxidants, preservatives, chemical flavors, buffers, noxious sprays, alkalizers, acidifiers, deodorants, moisteners, drying agents, expanders, modifiers, emulsifiers, stabilizers, thickeners, clarifiers, disinfectants, defoliants, fungicides, neutralizers, anticaking and antifoaming agents, hydrolyzers, hydrogenators, herbicides, pesticides, synthetic hormones, antibiotics, steroids and four thousand other drugs that just make your mouth water with anticipation.**

**They find their way into the human food chain and become the raw materials for every cell of your body. They disrupt the natural chemistry resulting in cancer, diabetes, heart disease, kidney disease, allergies, diverticulitis, emphysema, stomach ulcers, premature aging, impotence, hypoglycemia and arthritis.**

**These countless diseases exist because chemically-synthesized substances disrupt the bio-chemistry of hundreds of billions of microscopic living cells which make up the body."**

**North Americans eat way too much fat, way too much sugar, and way too much processed food.**

## **THE SMOOTHIE JUICE DIET PLAN**

**Always check with your doctor before beginning a new diet plan.**

### **BREAKFAST:**

**Start the day with a metabolism-boosting protein-rich fruit smoothie. If you are in a hurry, a high-quality commercial shake powder will do, but we recommend that you make your own protein fruit smoothies at home. They can be prepared the night before and put in the freezer.**

**Homemade fruit smoothies have the advantage because they are**

healthier and offer a fat-burning, hunger-blasting balance of protein, carbohydrates and fat. The blend of nutrients helps to keep your blood sugar levels steady for hours

**MID-MORNING SNACK:**

Serving of whole fruit (see below for whole fruit ideas)

**AND/OR**

10-oz homemade fruit juice or homemade vegetable juice

**LUNCH:**

A metabolism-boosting protein-rich fruit smoothie.

**MID-AFTERNOON SNACK:**

Serving of whole fruit (see below for whole fruit ideas)

**AND/OR**

10-oz homemade fruit juice or homemade vegetable juice

**SUPPER:**

Design your own main course around a variety of delicious healthy foods. We've provided some sample ideas below.

You can begin your meal with a crunchy salad or hearty vegetable soup, then munch on satisfying vegetables drizzed with olive oil or butter, a serving of protein and a serving of carbs.

Aim for 500 - 600 calories during supper. A frozen dinner will do if you're in a hurry or too tired to cook. Choosing a dinner that is not built around noodles or rice is your best choice.

**SUPPER IDEAS:**

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Grains and Carbohydrates

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Potatoes, sweet potatoes, winter squash, brown rice, whole-grain bread products, legumes, whole-grain pasta, cereals, corn, etc.

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Non-starchy Vegetables

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Beets, turnips, carrots, parsnips, summer squash, cabbage, cauliflower, brussels sprouts, green corn, green peas, string beans, asparagus, onions, egg plant, salsify, okra, kohlrabi,

**endive, lettuce, tomatoes, cucumbers, celery, chard, spinach, dandelion, and all plants used as greens, etc.**

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Protein

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**Lean beef and pork, turkey, chicken, fish, seafood, dairy products, soy products, lamb, eggs, nuts, seeds, etc.**

**SALAD VEGETABLE IDEAS:**

**all varieties of leafy greens such as romaine, endive, spinach  
cabbage, shredded  
mushrooms, sliced  
carrots, grated or sliced  
bell peppers, all colors  
zucchini, grated  
green beans, finely sliced  
tomatoes, all varieties, chopped  
cucumbers, sliced  
sprouts, all kinds  
beets, grated  
celery, sliced**

**WHOLE FRUIT SNACK IDEAS:**

**apples, pears, persimmons, lychee, star fruit, plums, peaches, grapes, nectarines, melons, cherries, citrus fruit, pomegranates, quinces, pineapples, berries, ugli fruit, apricots, fresh whole figs, mangos, papaya, etc.**

**1.        ALMOND CAPPUCCINO**

**2 quarts brewed coffee  
4 cups evaporated skim milk  
1/2 cup packed brown sugar  
1 tablespoon vanilla extract  
1 teaspoon almond extract**

**In a large saucepan, combine coffee, milk and sugar. Cook on medium high heat, stirring occasionally until mixture begins to boil. Remove from heat and add extracts. Serve hot.**

**Yield: 16 (6 ounce) servings**



**2.            ALMOND JOYOUS**

**This is a delicious drinkable rendition of the infamous Almond Joy candy bar.**

**1 cup light coconut milk  
1-1/2 cups chocolate sorbet  
2 fresh bananas, frozen and sliced  
2 tablespoons grated coconut (optional)  
1 teaspoon coconut extract  
3/4 teaspoon almond extract**

**Combine the coconut milk and sorbet in a blender. Add the bananas, coconut (if using), coconut extract, and almond extract. Blend until smooth. Serves 2.**

**To freeze bananas: Peel bananas and seal in a plastic bag. Freeze. When ready to use, remove from freezer and slice.**

**3.        ALMOND PEACH SMOOTHIE**

**1 cup skim milk**

**1 cup sliced peaches**

**1/2 teaspoon almond extract**

**1 cup fat free frozen vanilla yogurt**

**Combine all ingredients in blender and process until smooth and creamy. This makes a great breakfast.**

**4.        ALMOND TEA I**

**8 cups water, divided**

**1-1/2 cups granulated sugar**

**2 tea bags**

**Juice of 4 lemons\***

**1 tablespoon vanilla extract**

**1 tablespoon almond extract**

**\* Or use 8 tablespoons lemon concentrate.**

**Boil 6 cups water and sugar for 10 minutes.**

**In a separate pan combine an additional 2 cups boiling water with tea bags. Steep 5 minutes. Remove tea bags and mix with water-sugar mixture. Add the juice of lemons, vanilla extract and almond extract. Serve hot or iced.**

**5.        ALMOND TEA II**

**2 cups water  
3 family-size or 6 regular tea bags  
1 cup granulated sugar  
1 teaspoon vanilla extract  
1-1/2 teaspoons pure almond extract  
3/4 cup fresh lemon juice  
6 cups cold water**

**Bring 2 cups water to boil. Remove from heat and add tea bags. Steep for 15 minutes.**

**Remove tea bags, squeezing out water from bags, and put tea in pitcher. Stir sugar into warm tea mixture to dissolve. Add vanilla and almond extracts, lemon juice and 6 cups cold water. Refrigerate; serve over ice. Makes 2 quarts.**

**6.            ALOTTA COLADA**

**8-1/2 ounces Cream of coconut**

**3 cups pineapple juice, chilled**

**12 ounces ginger ale, chilled**

**In a small punch bowl, stir together the cream of coconut and pineapple juice until well mixed. Stir ginger ale in gently and serve immediately.**

**7.            AMARETTO SMOOTHIE**

**4 (1.5 fluid ounce) jiggers amaretto liqueur**

**4 (1.5 fluid ounce) jiggers milk**

**1 cup vanilla ice cream**

**In a blender combine amaretto, milk and ice cream. Blend until smooth.  
Pour over ice into 4 glasses.**

**8.        AMIALE COCKTAIL (Juicer)**

**1/2 pineapple, peeled**

**1/2 cup radishes**

**1 stalk celery**

**Juice together in the order given.**

**9.        ANISE TEA**

**5 cups water**

**2-1/2 teaspoons aniseed**

**Sugar, to taste**

**Bring water to a boil and add aniseed. Remove the pot from the heat and let it steep, covered, for 20 minutes, then strain out the seeds. Stir in sugar. The tea can be served at room temperature, ice cold or reheated.**



**10.        ANTI-AGING DRINK (Juicer)**

**In simple terms, aging is the process whereby our cells are damaged by oxidation. In truth, we are rusting from the inside out. Antioxidant herbs and vitamins help prevent the damage to cells by oxidizing agents, which makes them a kind of rust proofer!**

**1/2 sweet potato, scrubbed and cut into pieces**

**3 carrots, scrubbed**

**1 stalk broccoli, washed and cut into pieces**

**4 sprigs peppermint, washed**

**Using juicer, process sweet potato. Set aside. Using another container, process carrots, broccoli and peppermint.**

**When white starch has settled on the bottom of the container, pour sweet potato juice carefully into carrot juice mixture, being sure to leave starch behind. Discard starch, whisk juices together and pour into glass.**

**11.            APPLE BANANA SMOOTHIE**

**1 frozen banana, peeled and chopped**

**1/2 cup orange juice**

**1 Gala apple, peeled, cored and chopped**

**1/4 cup milk**

**In a blender combine frozen banana, orange juice, apple and milk.**

**Blend until smooth. Pour into glasses and serve.**

**12.        APPLE BERRY BETTER BLADDER (Juicer)**

**2 apples**

**1-1/4 cups of cranberries**

**Cranberry juice is a powerful healing tonic filled with quinine, which changes to hippuric acid in the liver. Hippuric acid is able to assist in the removal of purines, uric acid, urea and toxic build-up in the prostate gland, testicles, kidneys and bladder.**

**13.            APPLE CIDER**

**3 cinnamon sticks  
3 whole star anise, optional  
1 tablespoon whole cloves  
1 teaspoon freshly grated nutmeg  
1/2 teaspoon ground ginger  
6 cups unfiltered apple cider  
1/2 cup dark rum (optional)**

**Place first five ingredients in the center of a 12-inch square of cheesecloth. Wrap tightly and tie securely with kitchen twine. In a large saucepan over low heat, bring cider to a simmer. Add cheesecloth packet and cook 10 to 15 minutes. Stir in rum, if desired. Remove cloth packet. Ladle into mugs and garnish with additional cinnamon sticks.**

**14.            APPLE CORDIAL**

**This recipe makes a wonderful gift.**

**4 cups coarsely chopped apples**

**1 cup sugar**

**4 inches cinnamon sticks, broken**

**2 cups brandy**

**In a canning jar, combine apple, sugar and cinnamon.**

**Pour brandy over, mix well. Cover with lid, Invert the jar daily until sugar is dissolved; about 4 days. Store in a cool dark place for 4- 6 weeks. Strain through cheesecloth before bottling.**

**15.            APPLE JUICE (Juicer)**

**Core apples and cut into sections to fit the feeding chamber.**

**It is not necessary to peel the fruit. Juice the sections at a steady pace.**

**16.        APPLE LEMONADE**

**Try something a little different! I keep this in the fridge in pop bottles to keep the fizz in. This would also be good in a punch bowl. Just add the pop when serving.**

**4 cups apple juice  
2 cups lemonade  
4 cups 7-Up soda or Sprite  
1 teaspoon lemon juice**

**Combine apple juice, lemonade, and lemon juice. Gently stir in 7UP or Sprite.**

**Store in pop bottles in the fridge to keep the fizz in.**

**17.            APPLE PEACH SMOOTHIE**

**1 fresh peach**

**1/3 cup non fat milk**

**1/4 cup of frozen apple juice concentrate**

**Peel 1 fresh peach. Cut it into thin slices. Put into a plastic bag with a zipper bag, laying flat. Put the plastic bag into the freezer for 1 to 2 hours. Take out 1/4 of the peaches and break them into pieces. Mix in a blender with 1/3 cup of milk and 1/4 cup of frozen apple juice concentrate. Cover and blend until smooth. pour into a glass, and add more peach slices for peachy ice cubes.**



**18.            APPLE PIE SMOOTHIE**

**1/2 cup nonfat yogurt**

**8 ounces nonfat milk**

**2 tablespoons frozen apple juice concentrate**

**Dash ground cinnamon**

**1/2 whole green apple, seeded and cut into pieces**

**Combine all ingredients in a blender and process until smooth. You can add ice while blending if desired.**

**Makes 1 (12 ounce) serving.**

**19.        APPLE PINEAPPLE PAPAYA (Juicer)**

**1 apple**

**two thick pineapple slices**

**1/2 papaya**

**Wash and slice the apple, de-seed the papaya and scoop out the flesh, remove skin of pineapple and chop. Juice.**

**Benefits**

**This can ease bloating and discomfort after a heavy meal, as the blend contains papain (from papaya) and bromelain (from pineapple), both natural digestives.**

**20.            APPLE RASPBERRY TEA**

**In a 30 cup coffee maker add:**

**one gallon of apple juice**

**one quart of water**

**32 raspberry herbal tea bags**

**16 regular tea bags**

**2 teaspoons lemon juice**

**1/2 cup of sugar or equivalent sugar substitute**

**Run through a complete heating cycle in the coffee maker. Pull out the plug and let simmer in the pot until cooled to room temperature. After rinsing out the apple juice's jars, pour the Apple Tea into the empty jars and a pitcher. Keep it cool and serve over ice.**

**22.            APPLE VEGGIE BLEND (Juicer)**

**2 apples, cored**

**3 carrots**

**1 stalk celery**

**Juice everything in the order given**

**23.            APPLE-GINGER-COCONUT SMOOTHIE**

**1/4 cup apple juice**

**1 tbl coconut milk**

**1/2 a banana**

**1/4 tsp ginger root;fresh,peeled and grated**

**1/2 cup crushed ice;or 2 small ice cubes**

**Whirl till smooth.**

**24.            APRICOT COCONUT SMOOTHIE**

**For a quick change: Freeze the mixture in push pop molds for a tropical ice pop that is a real hit with teething toddlers!**

**6 ounces apricot nectar**

**3 ounces coconut milk**

**1 medium banana**

**Put all ingredients in a blender and whiz until frothy. Serve in a frosted glass.**

**25.            APRICOT MANGO SMOOTHIE**

**6 ounces light, reduced sugar, fat free apricot mango yogurt**

**1 cup Crystal Light lemonade**

**1/2 banana**

**5 to 6 canned apricot halves**

**Put all ingredients into blender. Blend well. Serves 2.**

**26.            APRICOT NECTARINE SMOOTHIE**

**1/2 nectarine**

**1 apricot**

**6 ounces light fat free peach yogurt, frozen**

**4 ounces Crystal Light or other sugar free lemonade**

**Put all in a blender and whirl away. Pour in a tall glass and enjoy**



**27.        APRICOT SMOOTHIE**

**3 oz apricot nectar**

**2 oz pineapple juice**

**1 oz lime juice (fresh)**

**1 oz cherry syrup**

**Blend until slushy.**

**28.            ARCTIC SMOOTHIE**

**1 peach, frozen  
10 blueberries, frozen  
1 cup light fat free vanilla yogurt, frozen  
1/2 cup 1 % milk  
1/2 tablespoon crushed pecan  
1/2 teaspoon salt  
1/4 teaspoon vanilla extract**

**Put all in blender and whirl away. Pour in tall glass and enjoy.**

**29.            ATHLETES SUPER FUEL (Juicer)**

**1/2 watermelon**

**1 lemon**

**5 oranges**

**1 can frozen pineapple concentrate**

**30.            AUNT BEAS'S LEMONADE**

**5 lemons**

**5 limes**

**5 oranges**

**3 quarts water**

**1-1/2 to 2 cups sugar**

**Squeeze the juice from four of the lemons, limes and oranges; pour into a gallon container. Thinly slice the remaining fruit and set aside for garnish. Add water and sugar to juices; mix well. Store in the refrigerator. Serve on ice with fruit slices. Makes about 1 gallon.**

**31.            AUSTRIAN CHOCOLATE CUP**

**30 ounces semisweet chocolate, broken in pieces**

**10 small finely grated orange peel**

**2 1/2 teaspoons ground cinnamon**

**15 cups milk**

**2-1/2 cups Whipping cream**

**Grated chocolate**

**30 Cinnamon sticks (3")**

**Combine chocolate, orange peel, cinnamon and 3 tablespoons of milk in a saucepan and heat very gently until chocolate melts, stirring frequently. Add remaining milk and heat through gently until piping hot, stirring frequently. Whisk whipping cream until soft peaks form. Pour hot chocolate into mugs or heatproof glasses. Top with whipped cream. Sprinkle with grated chocolate and add a cinnamon stick to each one for stirring. NOTE: Wind a curly strip of orange peel around cinnamon sticks for a pretty effect, if desired.**

**32.            BACKYARD PARTY PUNCH**

**1/4 cup powdered sugar**

**1-1/2 cups water**

**2 16 ounce packages frozen peaches, partially thawed**

**2 6 ounce cans frozen orange juice concentrate, thawed**

**3-1/2 cup pineapple juice, chilled**

**1 liter bottle ginger ale or 7-Up**

**In a blender container or food processor bowl with metal blade, combine 2 tablespoons of the powdered sugar, 3/4 cup of the water, 1 package peach slices and 1 can orange juice concentrate; blend until smooth. Pour into 4 quart non metal container. Repeat with remaining powdered sugar, water, peach slices and orange juice concentrate. Add pineapple juice; blend well. Refrigerate until serving time. Just before serving add ginger ale, stir gently to blend. 30 1/2 cup servings.**

**33.            BAHAMA MAMA (Alcoholic)**

**Tropical boat drink. Great for summer and outdoor entertaining.**

**1 ounce light rum**

**1 ounce coconut rum**

**1/2 ounce brandy**

**1/2 ounce creme de banane**

**1 lime wedge (juice of)**

**1-3/4 ounces pineapple juice**

**Shake with ice, pour into a glass and serve.**

**34.            BAJA PINEAPPLE DRINK (Juicer)**

**1/2 pineapple**

**1/2 cup cilantro**

**3 greenleaf lettuce leaves**

**1 lime**

**Yields: 2 servings**



**35.            BANANA BERRY SMOOTHIE**

**1 8 ounce container fruit flavored yogurt or 1 container plain or vanilla yogurt**

**1/2 cup fresh berries**

**1 medium banana**

**In a blender, process all the ingredients until just combined. Serve immediately. Makes 1 serving**

**36.            BANANA BRUNCH PUNCH**

**6 medium ripe bananas**

**1 (12 ounce) can frozen orange juice concentrate, thawed**

**1 (6 ounce) can frozen lemonade concentrate, thawed**

**3 cups warm water, divided**

**2 cups granulated sugar, divided**

**1 (46 ounce) can pineapple juice**

**3 bottles (2 liters each) lemon-lime soda**

**Orange slices, optional**

**In a blender or food processor, blend bananas, orange juice and lemonade until smooth. Remove half of the mixture and set aside. Add 1-1/2 cups of warm water and 1 cup sugar to mixture in blender; blend until smooth. Place in a large freezer container. Repeat with remaining banana mixture, water sugar; add to container. Cover and freeze until solid.**

**One hour before serving, take punch base out of freezer.**

**Just before serving, place in a large punch bowl. Add pineapple juice and soda; stir until well blended. Garnish with orange slices if desired.**

**37.            BANANA COFFEE SMOOTHIE**

**2 small bananas, peeled, cut up, and frozen**

**1-1/2 cups fat-free milk**

**1 8-ounce container low-fat coffee yogurt**

**1/4 teaspoon ground cinnamon**

**Dash ground nutmeg**

**Banana slices (optional)**

**In a blender container combine frozen bananas, milk, yogurt, cinnamon, and nutmeg. Cover and blend until smooth. To serve, pour into glasses. If desired, garnish with fresh banana slices. Makes 2 servings.**

**38.            BANANA CREAM SMOOTHIE**

**Got this recipe from Taste of Home Light cookbook. Yum. Great on-the-go breakfast, snack or light dessert.**

**2 medium ripe bananas, sliced**

**1 (8.00 ounces) can unsweetened crushed canned pineapple**

**1/2 cup frozen unsweetened raspberries, strawberries or blueberries (or a mixture of all 3!)**

**1 cup plain fat-free yogurt**

**In a blender, combine all ingredients until smooth. Stir if necessary.  
Pour into chilled glasses & serve immediately.**

**39.            BANANA DAIQUIRI (Alcoholic)**

**What better, healthier use for all of those bananas.**

**1-1/2 fluid ounces light rum**

**1/2 fluid ounce lime juice**

**1 teaspoon superfine sugar**

**1/2 banana**

**1/2 cup shaved ice**

**Place ingredients in blender. Blend 10-15 seconds or until ingredients are texture of snow. Pour into saucer champagne glass and serve with straw. Garnish with maraschino cherry and banana slice if desired.**

**40.            BANANA EGGNOG**

**2 cups whole milk, chilled**

**1 cup mashed bananas**

**2 eggs**

**4 ice cubes**

**1 tablespoon honey**

**1 cup club soda**

**Mix milk, banana, eggs, ice cubes and honey in electric blender for 30 seconds at medium speed. Pour in Club Soda just before serving and stir to blend. Garnish with banana slices.**

**41.            BANANA LEMONADE**

**1 medium ripe banana, peeled and quartered**  
**1/4 cup fresh lemon juice (chilled)**  
**1/3 cup chilled water**  
**3-4 tablespoons superfine sugar**  
**3 ice cubes**  
**1 slice lemon**

**Add the first 4 ingredients to the container of an electric blender. Cover and process on high speed until mixture is smooth. Pour into chilled glass; add ice cubes (as many as you want or will fit into your glass) Garnish with lemon slice.**

**Alternative: Banana Limeade--substitute fresh lime juice for lemon juice; garnish with a lime slice.**

**42.            BANANA MANGO RASPBERRY SMOOTHIE**

**A quick healthy breakfast for those on the run or a healthy dessert!**

**1 banana, peeled (fresh or frozen)**

**1 mango, peeled and seeded**

**1/2 frozen raspberries**

**1/2 cup soy milk or milk**

**1 teaspoon fresh ground flax seeds (No need to ground if using a vita mix)**

**2 ice cubes**

**Place all ingredients into a vita mix or blender. Pour and enjoy.**



**43.            BANANA MILK SHAKE**

**1-1/2 cups milk**

**2 bananas, sliced and frozen**

**2 teaspoons honey**

**1/2 teaspoon vanilla extract**

**Combine all ingredients in the container of an electric blender; blend until smooth. Serve immediately.**

**44.            BANANA ORANGE SMOOTHIE**

**1/2 cup low fat yogurt**

**1 banana**

**1 cup orange juice**

**1 ice cube**

**Combine all of the above in a blender or food processor and blend until smooth. Makes a natural and delicious breakfast or snack.**

**45.        BANANA PINA COLADA (Alcoholic)**

**12 ounces pineapples, pared and sliced or 1 cup canned pineapple chunk**

**1 medium banana, peeled and sliced (about 6 ounces)**

**1/4 cup banana liqueur (optional)**

**1-1/2 cups low-fat milk, 1% milk fat**

**2 tablespoons light rum**

**1/4 cup cream of coconut**

**2 cups ice cubes**

**Toppings**

**Mint leaves (optional) or maraschino cherry (to garnish) (optional) or 1**

**teaspoon shredded coconut, toasted (optional)**

**Blend all ingredients except toppings and garnish with any of the toppings you wish to garnish, and serve.**

**46.        BANANA PUNCH**

**4 cups granulated sugar  
6 cups water  
1 large can frozen orange juice  
1 orange juice can water  
6 bananas  
1 small can frozen lemonade  
1 lemonade can water  
1 (46 ounce) can pineapple juice  
3 quarts ginger ale**

**Boil sugar and water for 5 minutes.**

**Put bananas, lemonade and lemonade can of water in the blender and blend well. Add orange juice, orange juice can of water and pineapple juice. Mix all together. Divide into 3 containers and freeze.**

**Thaw in the refrigerator for 6 hours. Add 1 quart ginger ale for each container used.**

**47.        BANANA PUNCH II**

**6 cups water  
3 cups pineapple juice  
3 cups frozen orange juice concentrate  
2 lemons, juice only or 1/4 cup ReaLemon  
3 large bananas  
3-1/4 cups sugar  
2 large bottles of ginger ale**

**Mix all ingredients except ginger ale and freeze. Remove several hours before needed so that it is a slush when ready to serve. Add ginger ale just before serving.**

**48.        BANANA RUM COOLER**

**3 jiggers creme de banana**

**3 jiggers light rum**

**3 cups vanilla ice cream**

**1 cup milk**

**1 cup ice cubes**

**2 whole bananas**

**Sprinkle of nutmeg, optional**

**Place all ingredients in blender. Mix until bananas & ice cubes are well blended. Serve in tall glasses. Serves 6.**

**49.        BANANA TWIST MILK SHAKE**

**1/2 cup milk**

**1 small ripe banana, cut into chunks**

**10 maraschino cherries**

**1 tablespoon baking cocoa**

**1/2 teaspoon coconut extract**

**3 cups vanilla ice cream, softened**

**Blend the milk, banana, cherries, cocoa and coconut extract until smooth Add the ice cream and blend again. Serve immediately in chilled glasses.**

**50.            BAVARIAN MINT COFFEE MIX**

**1/4 cup powdered creamer**

**1/3 cup sugar**

**1/4 cup instant coffee**

**2 tablespoons powdered baking cocoa**

**2 hard candy peppermints**

**Process in a blender on liquify until well blended. Store in an air tight container.**

**Use by tablespoonfuls according to taste. Spoon in cup and add hot water.**



**51.        BEACH BLANKET BINGO**

**Equal parts of cranberry and grapefruit juice, Splash of soda. Stir juices over ice in a collins glass, top with soda, Garnish with a lime wedge.**

**52.        BELGIAN COFFEE**

**1 egg white**

**1 vanilla pod**

**4 ounces whipping cream**

**hot coffee**

**Beat the egg white until it forms stiff peaks. Remove the seeds from the vanilla pod and add it to the whipping cream. Beat the cream until it also forms peaks. Fold in the egg white. Fill 4 glasses 1/3 full with the whipped cream mix. Top up with hot coffee. The cream will rise to the top. Serves 4.**

**53.        BERRY BANANARAMA SMOOTHIE**

**This is an easy recipe for students/children to make. Have children wash, prep and slice berries before making smoothies. Bananas can be peeled, sliced and placed into Ziploc bags and kept on hand.**

**1 cup plain yogurt  
1 banana, peeled,sliced and frozen  
2/3 cup pineapple-orange juice  
1/3 cup orange juice  
1/2 cup sliced strawberries  
1/2 cup frozen blueberries  
1/2 cup ice cubes**

**Place yogurt, sliced banana, juices, and both kinds of berries in a smoothie maker or blender. Pulse or mix for 15 seconds. Add ice cubes and blend into mixture is smooth.**

**54.            BERRY BLAST**

**1 (1.5 ounce) bottle berry non-frozen liquid  
concentrate (found in juice aisle)**

**8 ice cubes**

**1 cup water**

**8 ounces strawberry yogurt**

**6 frozen strawberries**

**Place berry concentrate and ice in a blender. Pulse until ice is crushed.  
Add remaining ingredients and blend on pulse until desired consistency  
is reached. Makes 48 ounces.**

**55.            BERRY BLUE LEMONADE**

**5 cups water**

**1 to 1-1/2 cups granulated sugar, or to taste**

**Pared rind of 3 lemons**

**Juice of 6 large lemons (to make 1 cup)**

**1/2 cup blackberries**

**1/2 cup blueberries**

**Ice (for serving)**

**In a medium saucepan, combine 2 cups of the water with 1 cup of the sugar. Bring them to a boil over low heat, stirring until the sugar melts. Turn the heat up and cook over medium-high heat for 5 minutes, or until the syrup begins to thicken slightly. Stir in the remaining 3 cups of water with the lemon rind and the juice. Remove the pan from the heat. In a food processor or blender, puree the blackberries and blueberries and add them to the syrup. Let the mixture cool to room temperature and set it aside for 1 hour.**

**Strain well into a large pitcher to remove the seeds and skins from the berries. Chill until ready to serve. Serve over ice.**

**56.            BERRY CHEESECAKE SMOOTHIE**

**There is a lot of protein and calcium in this delicious low fat version of my favorite dessert.**

**1-1/2 cups frozen berries or cherry**

**1 cup nonfat cottage cheese**

**1/2 cup nonfat milk**

**Process all ingredients in your blender until completely smooth and creamy. Drink slowly and enjoy.**

**57.            BERRY GOOD SMOOTHIE**

**1 nectarine, pitted  
3/4 cup strawberries, hulled  
3/4 cup blueberries, rinsed and drained  
1/3 cup nonfat dry milk powder  
1 cup crushed ice**

**In a blender combine nectarine, strawberries, blueberries, milk powder and crushed ice. Blend until smooth. pour into glasses and serve.**

**58.            BERRY POWER DRINK**

**1 cup cranberry juice**  
**1 cup fresh or frozen strawberries**  
**8 ounces vanilla low-fat yogurt**  
**2/3 cup oats**  
**1 cup ice cubes**  
**Granulated sugar, to taste**

**Place all ingredients, except ice, in blender container. Gradually add ice, blending on HIGH speed an additional minute or until smooth. Serve immediately.**



**59.            BERRY SURPRISE**

**1 cup strawberries**

**1 cup pineapple chunks**

**1/2 cup raspberries**

**2 tablespoons frozen limeade concentrate, thawed**

**In a blender, combine strawberries, pineapple chunks, raspberries and limeade. Blend until smooth. Pour into glasses and serve.**

**60.           BIKINI LINE (Alcoholic)**

**Equal parts of vodka, Tia Maria and chambord. Layer into a pony or shot glass**

**61.            BLACK AND BLUE SMOOTHIE**

**1/4 cup blueberries**

**1/4 cup blackberries**

**1 banana**

**1/2 cup apple juice**

**1/3 cup raspberry sorbet**

**Gently stir in yogurt, sprinkle with nutmeg or cinnamon if desired.**

**Serve chilled. Yield 2 cups.**

**62.            BLACK AND WHITE SODA**

**2 tablespoons chocolate syrup**

**1/4 cup milk**

**3 scoops vanilla ice cream**

**1 teaspoon vanilla**

**7 ounces club soda, chilled**

**Whipped cream**

**Maraschino cherry**

**Combine chocolate syrup, milk, 1 scoop ice cream, and vanilla in a tall glass. Stir vigorously with spoon to blend. Fill glass two-thirds full with club soda; stir. Add remaining ice cream; fill glass with club soda. Garnish with whipped cream and cherry.**

**63.            BLACK CHERRY ICED TEA**

**This is a nice change from plain iced tea. Any flavor of soft drink mix will work, Black Cherry happens to be my favorite.**

**1 (0.13 ounce) packet unsweetened black cherry soft powdered drink mix**

**1-1/4 cups unsweetened instant tea**

**Mix tea and soft drink mix together well and store in air tight container. To make iced tea, use 1/4 cup of mix per quart of water. Serve over ice cubes**

**64.            BLACK FOREST MOCHA**

**2/3 cup hot brewed coffee**  
**2 tablespoons Chocolate Syrup**  
**2 tablespoons light cream**  
**1 tablespoon maraschino cherry juice**  
**Whipped cream (optional)**  
**Maraschino cherry (optional)**

**In large mug, stir together coffee, Hershey's Chocolate Syrup, cream and cherry juice. Garnish with whipped cream and cherry, if desired. Serve immediately.**

**65.            BLACKBEARD'S DRINK (Alcoholic)**

**1 ounce spiced rum**

**1 ounce root beer Schnapps**

**4 ounces cola**

**ice**

**Pour spiced rum, root beer schnapps, and cola over ice. Stir.**

**66.            BLACKBERRY LIQUEUR (Alcoholic)**

**Ridiculously easy to make, tastes wonderful and makes an impressive gift for any non-teetotaler friends. Superfine sugar works the best. Preparation time does not include 10-12 days for fruit to infuse liqueur.**

**1 cup water  
3 cups 80 proof vodka  
3 cups white sugar  
3 cups ripe blackberries**

**Shake together the water, vodka and sugar to dissolve sugar. Gently mix together with the blackberries, taking care not to cut or crush the berries. Leave to infuse about 10-12 days until the berries have lost most of their color.  
Pour through a fine strainer and discard the berries. Pour into decorative bottles.**



**67.            BLACKBERRY SMOOTHIE**

**1 cup cold milk**

**1/2 cup fresh or frozen blackberries**

**1 to 3 tablespoons sugar**

**ice cubes**

**Place in blender, cover, start on puree speed then push blend speed until smooth and ice is crushed.**

**68.            BLOOD REGENERATOR (Juicer)**

**(anemia and low blood pressure)**

**6 carrots**

**6 spinach leaves**

**4 lettuce leaves**

**1/2 beet**

**4 sprigs parsley**

**69.            BLOOD SUGAR STABILIZER (Juicer)**

**6 carrots**

**10 spinach leaves**

**4 turnip leaves**

**4 sprig watercress**

**70.            BLUE HAWAIIAN (Alcoholic)**

**1 ounce vodka**

**1/2 ounce blue curacao**

**fill with pineapple juice**

**Pour ingredients into a large rocks glass filled with ice.**

**71.            BLUEBERRIES IN THE TROPICS**

**1 cup blueberries**

**1 fresh banana**

**1/2 cup pineapple juice**

**Put all in blender and whirl away. Pour in tall glass and enjoy.**

**72.        BLUEBERRY CHERRY JUICE (Juicer)**

**3/4 cup blueberries**

**handful of cherries, pitted**

**1 apple, cored and sliced**

**Process the fruit in a juicer and serve.**

**73.            BLUEBERRY SMOOTHIE**

**1 pint fresh blueberries or 2 cups (10 ounces) frozen**

**blueberries, slightly thawed**

**1 cup pineapple, orange and strawberry juice blend or pineapple-orange juice**

**1 (8 ounce) container low-fat vanilla yogurt**

**2 teaspoons granulated sugar**

**In container of an electric blender, combine blueberries, juice, yogurt and sugar. Blend until smooth, about 1 minute. Serve immediately in tall glasses. Garnish with blueberry skewers spiraled with thin strips of orange peel, if desired.**

**Makes 2 servings.**

**74.            BONE BUILDER (Juicer)**

**1/2 cup kelp or other sea herb**

**1 cup hot water**

**2 stalks broccoli, washed and cut into pieces**

**2 kale leaves, washed**

**2 stalks celery, washed**

**1/2 green pepper, washed and cut into pieces**

**4 springs parsley\***

**1 apple, washed and cut into pieces**

**In a medium bowl, pour water over kelp. Soak for 15 to 20 minutes or until kelp is reconstituted. Drain soaking water, reserving for another use.**

**Using juicer, process kelp, broccoli, kale, celery, green pepper, parsley and apple. Whisk together and pour into glasses.**



**75.            BREAKFAST DELIGHT (Juicer)**

**1 pineapple, skinned**

**3 - 4 oranges, peeled**

**3 celery stalks**

**2 apples**

**Preparation time: 15 minutes**

**Yields: 4 servings**

**76.            CAFE SWISS MOCHA**

**1/2 cup good quality instant coffee**

**1 cup sugar**

**1 cup instant dry milk powder**

**1/4 cup powdered coffee creamer**

**1/4 cup unsweetened cocoa**

**1/4 cup vanilla flavored instant pudding mix**

**Measure all of the ingredients into a clean dry bowl. Mix them all together really well with a fork or a wire whisk. It's important to get everything evenly distributed for the best flavor. When it is all mixed up, transfer the mixture to resealable container or a jar with tight fitting lid or a zip lock bag. Store it on the pantry shelf. To prepare, measure 3 or 4 tablespoons into a coffee cup. Fill with hot water and mix well.**

**77.            CAFE VIENNA**

**1/2 cup instant coffee**

**2/3 cup sugar**

**1/2 cup instant dry milk powder**

**1/4 cup powdered coffee creamer**

**1 teaspoon cinnamon**

**1/4 cup store bought instant butterscotch or vanilla flavored pudding mix**

**Measure all of the ingredients in a clean dry bowl. Use a fork or a whisk to combine everything together, so it's all evenly distributed. Transfer the mixture to jar with a tight fitting lid, resealable container or a zip lock bag. Store on the pantry shelf. To prepare, place 2 teaspoons of dry Cafe Vienna into a coffee cup. Add hot water to fill. Stir and serve.**

**78.            CAFE VIENNESE**

**1/4 cup powered creamer**

**1/3 cup sugar**

**1/4 cup instant coffee**

**1/2 tsp. cinnamon**

**Process in a blender on liquify until well blended. Store in an air tight container. Use by tablespoonfuls according to taste. Spoon in cup and add hot water.**

**79.        CALIFORNIA ROOT BEER FLOAT (Alcoholic)**

**The Balboa Cafe, San Francisco, Ca.**

**1 ounce Galliano**

**1 ounce mexican coffee liqueur**

**3 ounces half-and-half cream**

**1 ounce club soda**

**Pour all ingredients, except club soda, over ice in blender. Blend until smooth. Strain into 7 oz wine glass. Top with club soda.**

**80.            CALMING NIGHTCAP (Juicer)**

**2 ribs of celery**

**1 apple**

**3 carrots**

**81.        CANDY BAR HOT CHOCOLATE**

**2 egg yolks**

**2 ounces milk chocolate candy bar with  
fine nuts (such as Toblerone)**

**1 cup milk**

**Beat the egg yolks in a small bowl; set aside.**

**Coarsely chop chocolate and place in a 2-cup microwave-safe glass measuring cup with a spout. Add the milk. Place the measuring cup, uncovered, in the microwave. Whisking once or twice, cook on MEDIUM-HIGH (70 percent power) until chocolate is melted and well blended, 2 1/2 to 3 minutes. Remove the cup from microwave and slowly pour chocolate into the reserved egg yolks, whisking constantly. Return mixture to the measuring cup and cook in microwave until heated through, about 1 minute. You may need to rotate the measuring cup if your microwave doesn't have a carousel.**

**82.            CANDY BAR SMOOTHIE**

**14 ounces chocolate sweetened condensed milk**

**1 cup vanilla ice cream**

**2 candy bars (your choice), broken into pieces**

**2 cups crushed ice**

**In blender container, combine all ingredients. Blend until smooth. Serve immediately.**



**83.        CANTALOUPE SMOOTHIE**

**1 banana, frozen**

**1/4 ripe cantaloupe**

**1/2 cup nonfat vanilla yogurt**

**2 tablespoons dry powder milk**

**1-1/2 tablespoons orange juice concentrate**

**1 teaspoon orange blossom honey**

**Place in blender and mix well.**

**84.            CAPPUCCINO BLAST**

**For a mocha-flavored version, add 2 tablespoons of chocolate syrup to the recipe and prepare as described.**

**Cappuccino**

**1 cup brewed coffee**

**1 cup milk**

**1/3 cup granulated sugar**

**1 cup vanilla ice cream**

**2 cups crushed ice or ice cubes**

**Garnish**

**whipped cream**

**cinnamon**

**Combine the coffee, milk and sugar in a blender and mix on medium speed for 15 seconds to dissolve. Add ice cream and ice then blend on high speed until smooth and creamy.**

**Pour drink into two 16-oz. glasses. If desired, add whipped cream to the top of each drink followed by a sprinkle of cinnamon. Makes 2 large drinks.**

**85.            CAPPUCCINO MIX**

**1 cup coffee creamer powder  
1 cup instant chocolate drink mix  
2/3 cup instant espresso or regular coffee  
1/2 sugar  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg**

**Combine all together well. Store in airtight container. To make 1 cup, take 2 tablespoons of mixture in a cup. Pour 6 ounces of hot water in cup and stir.**

**86.            CAPPUCCINO SMOOTHIE**

**1 (12 ounce) can evaporated milk, chilled**  
**5 to 6 teaspoons instant coffee granules**  
**1 cup (2 large scoops) vanilla ice cream**  
**1 cup ice cubes**  
**1 tablespoon granulated sugar**  
**2 teaspoons baking cocoa**

**Place evaporated milk and coffee granulates in blender; cover. Blend until coffee is dissolved. Add ice cream, ice and sugar; blend until smooth. Pour into glasses. Sprinkle with cocoa.**

**87.        CARAMEL APPLE SMOOTHIE**

**A caramel apple without the stick, or the sticky!**

**1-2 apples, cored and peeled**

**1 cup vanilla yogurt**

**2 tablespoons brown sugar**

**1 tablespoon wheat germ**

**1 dash cinnamon**

**2-3 ice cubes**

**Core and peel your apple (s), I use two if the apples are small. Cut apple into chunks and add to blender. Add remaining ingredients. Blend until smooth. Serve immediatly.**

**88.            CARAMEL CAPPUCCINO SHAKE**

**1 cup fat free vanilla frozen yogurt  
1/4 cup fat free milk  
1/2 teaspoon instant espresso powder  
1/4 teaspoon ground cinnamon  
1/4 cup lite whipped topping  
2 tablespoons fat free caramel topping**

**Blend yogurt, milk, espresso powder and cinnamon on high. Pour into two glasses. Top each with 2 tablespoons whipped topping and 1 tablespoon caramel topping. Serves 2.**

**89.            CARAMEL MILK**

**2 cups milk**

**5 tablespoons packed brown sugar, divided**

**1/4 teaspoon vanilla extract, divided**

**Pour milk into microwave-safe, medium glass bowl. Heat on HIGH (100 % power) in microwave until hot, about 80 to 90 seconds. Carefully pour milk into 2 mugs. Stir half of the brown sugar and vanilla extract into each mug. Serve warm.**

**90.        CARIBBEAN BREEZE (Alcoholic)**

**2 ounces coconut rum**

**1 ounce vodka**

**1 dash orange juice**

**1 dash grenadine**

**Shake all ingredients in a shaker and serve in a tall glass.**



**91.            CARNIVAL LEMONADE**

**Adapted from a recipe courtesy of Southern Living. I call it carnival lemonade because it tastes as good as the lemonade they sell at all the carnivals, and fairs. Serve this at your next BBQ and I promise you won't be dissapointed!**

**1-1/2 cups granulated sugar**

**1/2 cup boiling water**

**2 teaspoons grated fresh lemon rind (this really adds authenticity especially if you plan to cheat like I do and use bottled lemon juice!)**

**1-1/2 cups fresh lemon juice**

**5 cups cold water**

**Combine the granulated sugar and 1/2 cup boiling water until the sugar is completely dissolved. This consistency will be like syrup. Add the remainder of the ingredients to your lemon"syrup".**

**Chill for as long as you can stand it and then serve over ice!**

**92.        CARROT ANISE DRINK (Juicer)**

**8 carrots**

**2 anise stalks**

**3-4 celery stalks**

**2 apples**

**Juice everything.**

**93.            CARROT APPLE DRINK (Juicer)**

**6 carrots**

**2 apples**

**Juice everything.**

**94.        CARROT JUICE (Juicer)**

**Juice whole carrots one at a time.**

**Do not peel the carrots.**

**Feed at a steady pace. Straight carrot juice is an excellent drink. It also is a popular base for many blended juice combinations.**

**95.            CARROT SMOOTHIE**

**2 cups carrot juice**

**1/2 cup apple juice**

**6 ounces non fat vanilla or plain yogurt, frozen**

**1 banana**

**Put all int he blender and whirl away. Pour into a tall glass and enjoy.**

**96.            C-BLITZ (Juicer)**

**Serves 1 or 2**

**1 grapefruit, peeled and quartered**

**2 oranges, peeled and quartered**

**3 kiwi, peeled and halved**

**6 sprigs parsley, washed**

**Using juicer, process grapefruit, oranges, kiwi and parsley. Whisk together and pour into 1 large or two smaller glasses.**

**97.            CELERY JUICE (Juicer)**

**Cut stalks into 3-4 inch pieces.**

**Feed at a steady speed, holding down the tamper 5-10 seconds each time.**

**There will be lesser amounts of pulp with celery.**

**If juicing large quantities of celery, stop the machine after each bunch, remove juicer parts, rinse them in cold water, replace and proceed again.**

**98.            CHAI TEA I**

**8 ounces skim milk**

**5 or 6 cardamom pods**

**1 Constant Comment tea bag**

**2 tablespoons sweetened condensed milk**

**Pour skim milk into a small, heavy-bottomed pan. Add cardamom pods, and gently bring it to a boil. Add teabag and turn off the heat. Let it steep for about 4 minutes.**

**Pour sweetened condensed milk into a mug. Remove the pod and teabag from the pan, and pour the hot tea into the mug. Stir and enjoy. Makes 1 mug.**



**99.            CHAI TEA II**

**This makes 4 cups of chai (tea).**

**3 cups water  
4 teaspoons dried tea leaves  
2 cups whole milk  
1 teaspoon Masala Chai Powder  
3 teaspoons granulated sugar**

**Heat the milk in the microwave for a minute. Bring the water to a boil along with the sugar. Add the tea leaves and masala powder. When the concoction starts boiling, take it from the stovetop. Pour out the milk equally into the 4 cups. Place a strainer on one cup and pour about 1/3 cup of the tea concoction into the strainer. Remove strainer and mix the tea well. Repeat for remaining cups.**

**Masala Chai Powder  
2 sticks cinnamon  
1 teaspoon ginger powder  
3 to 4 cloves  
4 to 5 cardamoms  
1/2 teaspoon saunf (fennel)  
1 peppercorn**

**Powder all the above ingredients and mix. Store in an airtight container. Will keep well for years.**

**100.        CHERRY BERRY SMOOTHIE**

**I love this recipe. Smoothies are perfect for hot summer days! This one is one of my favorites.**

**1 cup cherry juice (or any juice with cherry in it)**

**1 (8.00 ounces) carton vanilla yogurt (I use fat free)**

**1 cup frozen unsweetened raspberries**

**1/2 cup red seedless grapes**

**3-4 teaspoons sugar (or sugar substitute)**

**Put all ingredients into blender. Cover and process until well blended.  
Pour into glasses and enjoy!**

**101.            CHERRY CHARGER SMOOTHIE**

**1 cup cherry juice  
1 cup soy milk  
1 cup cherries  
1 cup strawberries  
1 cup frozen yogurt  
1 cup ice**

**Blend well in a blender, then serve immediately.**

**102.            CHERRY COKE**

**1 (2.00 liters) bottle Coke**

**1 package black cherry Kool-Aid**

**Blend, chill & serve.**

**103.        CHERRY MOCHA COFFEE (Low Carb)**

**This hot coffee beverage can be adapted in flavoring. The main idea is non-carb whipped cream, cocoa and coffee. This recipe is good for Atkins or non-atkins. You use the sweetener of your choice; I recommend either Splenda or Sugar. By using Splenda or other non-nutritive sweetener, the net carbs (adjusted for fiber) is 3g net carb.**

**16 ounces coffee (any kind)**

**1/3 cup whipping cream or heavy cream**

**1/4 teaspoon flavoring cherry extract (by the vanilla in the grocery)**

**1/2teaspoon flavoring almond extract (by the vanilla in the grocery)**

**1 tablespoon unsweetened cocoa powder (the kind for baking)**

**2 tablespoons sweetener Splenda sugar substitute or sugar**

**I make large servings which are close to 16 oz. coffee each, so make this in a LARGE mug.**

**Multiply the recipe for the number of people you are serving.**

**Make the whipped cream while waiting for coffee to brew. In a bowl add all other ingredients (cream, flavorings, sweetener and cocoa). Use an electric mixer to whip the cream until soft peaks form. Do not overwhip as it will quickly turn to butter consistency.**

**Put whipping cream mixture in mug. Pour hot coffee over cream and stir. For best results, mix thoroughly.**

**If you are making for several people and some people want sugar and some want Splenda, make the whipped cream without the sweetener. Instead, add the 2 Tblsp. sweetener to each cup, as preferred. Pour a little coffee over the sweetener and mix. Then add the cream to each cup. Then fill the mug the rest of the way with hot coffee and stir.**

**104.            CHERRY OR RASPBERRY HOT CHOCOLATE**

**3 cups instant hot cocoa powder and 1 pkg raspberry Koolaid (or cherry) Mix well.**

**To serve:**

**2 heaping Tbl. to 1 cup hot water.**

**105.            CHERRY-RIFIC SHAKE**

**3/4 cup cherry yogurt**

**2/3 cup (about 18) maraschino cherries, drained**

**3/4 cup milk**

**1-1/2 cups chocolate frozen yogurt or chocolate ice cream, softened**

**Maraschino cherries, whipped topping and chocolate shavings, for garnish**

**Put cherry yogurt, cherries and milk in an electric blender; blend well.**

**Add frozen yogurt; blend until smooth. Pour into chilled glasses.**

**Garnish with whipped topping, chocolate shavings and cherries.**

**Makes 2 (8-ounce) servings.**

**106.            CHERRY YOGURT SMOOTHIE**

**1 cup non-fat plain or vanilla yogurt  
1 ripe banana, peeled and sliced  
1/2 cup orange juice  
1/4 cup tart cherry juice concentrate  
1 cup crushed ice**

**Put yogurt, banana, orange juice, cherry juice concentrate and crushed ice in the container of an electric blender or food processor. Puree until smooth. Serve immediately.  
Makes 2 (8-ounce) servings.**



**107.        CHLOROPHYLL COCKTAIL (Juicer)**

**1/2 cup water**

**7 almonds**

**4 teaspoons sunflower seeds**

**4 pitted dates**

**1 pound spinach, OR other dark leafy green vegetable**

**Soak the nuts and dates in water overnight. Assemble the Champion for juicing. Run the mixture through the machine alternating it with approximately 1 lb. or leafy greens, such as spinach, comfrey, parsley, etc. Add a slight amount of water to the discarded pulp and rerun through the machine to completely extract all the values.**

**108.            CHOCOLATE BANANA MALT SHAKE**

**1/2 very ripe bananas, cut into chunks & roughly mashed**

**2 tablespoons chocolate syrup**

**2 tablespoons milk**

**14 ounces vanilla ice cream**

**1 tablespoon instant malted milk powder**

**Place mashed banana, syrup, milk, ice cream & malted milk powder in a blender.**

**Blend on med-high speed until all the ingredients are thoroughly blended and smooth.**

**109.            CHOCOLATE BANANA SMOOTHIE**

**1 banana**

**1 tablespoon chocolate syrup**

**1 cup milk**

**1 cup crushed ice**

**In a blender, combine banana, chocolate syrup, milk and crushed ice.  
Blend until smooth. Pour into glasses and serve.**

**110.            CHOCOLATE BANANA STRAWBERRY MILK SHAKE**

**1 cup low-fat milk**

**1/2 cup frozen unsweetened strawberries**

**1/2 ripe banana**

**2 tablespoons powdered chocolate drink mix**

**1/2 teaspoon vanilla extract**

**2 teaspoons white sugar**

**In a blender combine milk, frozen strawberries, 1/2 banana, chocolate milk powder, vanilla and sugar. Blend until smooth. If consistency is too runny, you may add more strawberries.**

**111.            CHOCOLATE COKE**

**What's that? You have NEVER had a chocolate coke? You must try one, but I caution you they are very addictive to those who love caffeine and chocolate. Sometimes if I am cutting calories I have even made this with diet coke, it is obviously easy and really delicious. You really must drink this with a straw as well, or it just isn't as good!**

**1 (12.00 ounces) can Coca-Cola (the REAL stuff please, no generics!)**

**1-2 tablespoon chocolate syrup**

**1 cup ice (best if crushed, but it is not necessary)**

**Place ice in a tall glass. Top with 1-2 tablespoons of chocolate syrup.  
Pour cold can of coke over the ice and chocolate syrup.**

**112.            CHOCOLATE COVERED CHERRIES (Alcoholic)**

**These are always a hit at adult parties. Very decadent.**

**1 ounce dark Creme de Cacao**

**1/2 ounce vodka**

**1 teaspoon chocolate syrup**

**1 teaspoon cherry brandy**

**maraschino cherry (to garnish)**

**Shake crème de cacao and vodka with ice. Strain over ice in an old fashioned glass. Float chocolate syrup and cherry brandy. Garnish with a marachino cherry.**

**113.            CHOCOLATE EGGNOG (Alcoholic)**

**If you want to impress your guests big time...then this is THE drink, just couldn't get any better than this...it tastes like your in heaven...well worth the preparation. (note: plan ahead, the egg yolk/cocoa mixture has to stay in the fridge for 2 hours,)**

**4 eggs, separated**

**1/2 cup packed brown sugar**

**2/3 cup unsweetened baking cocoa powder, sifted to remove any lumps**

**1 tablespoon vanilla**

**1-1/2 cups whole milk**

**1/2 cup light rum or brandy (for the non alcoholic version, you can substitute 1/2 cup more milk for the rum)**

**1/8 teaspoon salt**

**1-1/2 cups whipping cream, whipped to soft-peak stage**

**1/4-1/3 cup grated semisweet chocolate**

**In a large bowl, beat together egg yolks, sugar, cocoa, and vanilla, until thick and smooth. Slowly stir in milk and rum; mix well. Cover, and refrigerate until just before serving (at least 2 hours, so mixture becomes very cold).**

**When ready to serve, beat the egg whites and salt, until soft peaks form. Fold the whipped cream into the chocolate mixture.**

**Then gently fold in the egg whites. Serve immediately. Garnish with grated chocolate.**

**114.            CHOCOLATE ICE CREAM PUNCH**

**4 (1 ounce) squares semisweet chocolate**

**1/2 cup granulated sugar**

**2 cups hot water**

**2 quarts milk**

**1-1/2 teaspoons vanilla extract**

**1 quart vanilla ice cream**

**1 quart club soda**

**1/2 pint heavy cream, whipped**

**Ground cinnamon**

**In a large saucepan combine the chocolate and sugar with the hot water.**

**Bring to a boil, stirring for 2 minutes. Add milk, and continue heating.**

**When hot, beat in vanilla extract with a rotary egg beater or whisk.**

**Remove from heat. Chill, then pour into a punch bowl over ice cream.**

**For sparkle, add club soda. Top with whipped cream and dust with cinnamon.**

**Yield: 12 servings.**



**115.            CHOCOLATE MILK SHAKE**

**1 cup milk**

**2 packets hot cocoa mix**

**1 teaspoon vanilla extract**

**3 to 4 cups ice cream**

**In a blender add milk, hot cocoa mix and vanilla; blend. Add ice cream and blend until smooth.**

**116.            CHOCOLATE MOCHA PUNCH**

**I found this years ago while digging through some old recipes of a friend. It is the most requested punch I have ever made.**

**7 cups water**

**1/4 cup instant coffee (I use decaf for the kids)**

**2 cups nonfat dry milk**

**1/2 cup granulated sugar**

**Dash of salt**

**1 quart chocolate ice cream, softened**

**Cool Whip**

**Heat 3 cups of water to boiling; dissolve instant coffee in water, stir in the dry nonfat milk, sugar, and salt. Mix until dissolved. Add the other 4 cups of water. Refrigerate until chilled - 3 to 4 hours.**

**Place ice cream in a punch bowl. Pour chilled coffee mixture on ice cream; swirl ice cream throughout coffee mixture. Top punch with mounds of Cool Whip. It is so good!!**

**117.            CHOCOLATE PEANUT BUTTER SMOOTHIE**

**Freeze the fruit first to make a thicker, more flavorful smoothie.**

**1 banana (peel before freezing)**

**3 tablespoons chunky or smooth peanut butter**

**2 tablespoons chocolate syrup**

**3/4 cup milk or soy milk**

**Place all the ingredients in a blender. Blend until smooth.**

**118.            CHOCOLATE RASPBERRY SMOOTHIE**

**3/4 cup vanilla yogurt (I used fat-free)**

**1 cup milk (I used skim)**

**1/2 cup frozen raspberries**

**1/8 cup chocolate protein powder (I used Designer Whey from GNC)**

**Put all ingredients into blender and blend until thoroughly mixed. Pour into tall glass and drink immediately.**

**119.            CHOCOLATE RASPBERRY SOY SMOOTHIE**

**3/4 cup chocolate flavored soy milk**

**3/4 cup chocolate sorbet**

**1-1/4 cups frozen unsweetened raspberries**

**1/2 banana, peeled and sliced**

**1 leaf fresh mint, chopped**

**In a blender, blend the soy milk, sorbet, raspberries, and banana until smooth. Garnish with mint to serve.**

**120.            CHOCOLATE THUNDER**

**Rich and decadent. My ultimate chocolate splurge.**

**2 cups whipping cream**

**2 cups half-and-half**

**1/4 teaspoon salt**

**12 ounces semisweet chocolate chips**

**2 teaspoons pure vanilla extract**

**chocolate whipped cream**

**In a big saucepan, add the cream, half-and-half, and salt. Over medium heat, bring to a simmer (don't let boil).**

**Add chocolate chips; stir until melted. Take pan off heat; add vanilla; whisk until mixture is frothy.**

**Pour into mugs and top off with a dollop of chocolate whipped cream.**

**121.            CHRISTMAS SLUSH (Alcoholic)**

**A friend had shared this recipe for slush with me this past Christmas. We had guests during the holidays and the slush didn't last long! I wish I had made a double batch!**

**4 tea bags**

**9 cups water**

**3 cups sugar**

**1-12 ounce frozen lemonade**

**1-16 ounce frozen orange juice**

**2 cups brandy**

**Steep the tea bags in 2 cups water for 3 minutes. Bring the remaining 7 cups water and sugar to a boil. Mix tea water and simple syrup together and allow to cool to room temperature. Add the frozen lemonade, frozen orange juice, and the brandy. Pour into an ice cream pail and freeze. Stir once a day.**

**To serve, scoop slush into glass (half full) and pour 7-up or sour soda over to fill.**

**122.            CHRISTMAS TEA**

**To make this more festive, you can float orange rings in the punch.**

**2 cups granulated sugar**

**1-1/2 quarts water**

**3 oranges, juice of**

**1 lemon, juice of**

**4 ounces red cinnamon candies (otherwise known as cinnamon imperials)**

**20 ounces pineapple juice (1 can)**

**2 quarts cranberry juice**

**In a 6-qt saucepan, boil the water, sugar, orange juice, lemon juice, and red hots. Stir and boil until red hots are dissolved. Add the pineapple juice and cranberry juice and cook over medium heat, stirring until the punch is thoroughly heated. Serve hot.**



**123.            CIDER SPICE BUNDLE**

**6 whole cloves**

**6 whole allspice berries**

**1 tsp dried orange rind**

**1 cinnamon stick, crushed**

**Cut two 4-inch squares of cheesecloth, place 1 on top of each other.**

**Place cloves, allspice berries, orange rind and cinnamon on top, pull up corners and tie into bundle with string. Place in jar or mug. Makes 1 bundle, enough for 2 cups cider or apple juice.**

**To make: Pour 2 cups cider or apple juice in saucepan or microwaveable container.**

**Place Cider Spice Bundle in cider. Heat just until boiling. Serve hot.**

**124.            CINNAMON APPLE SMOOTHIE**

**1 cup milk**

**1 cup vanilla yogurt**

**1 small apple**

**1/2 teaspoon ground cinnamon**

**Handful of ice cubes**

**Wash and peel the apple. Remove seeds, and cut into cubes. Add all ingredients to blender, and blend for one minute.**

**125.            CINNAMON ORANGE CAFE**

**Place all ingredients into a blender or food processor and whirl until finely ground. Store in an air tight container.**

**1/3 cup instant coffee granules**

**1-1/2 tsp. grated orange peel**

**1/2 tsp. each vanilla powder, and cinnamon**

**Mix 1 tablespoon into 6 ounces of boiling water.**

**126.        CINNAMON RED HOTS TEA**

**2 cups tang**

**3 cups sugar**

**1 cup lemon sweetened instant tea**

**1/3 cup regular instant tea**

**1 teaspoon cinnamon**

**1 teaspoon cloves**

**1 pkg. red hots**

**Add 2 teaspoon to 1 cup boiling water.**

**127.            CITRUS COCONUT COOLER**

**easy and yummy--no cook time just chill time**

**2 cups of fresh squeezed orange juice**

**2 cups of unsweetend pineapple juice**

**1 teaspoon fresh lemon juice**

**3/4 teaspoon vanilla extract**

**3/4 teaspoon coconut extract**

**2 cups of cold sparkling water**

**combine first 5 ingredients mix well place in the refrigerator to chill,just before serving, add sparkling water and stir.**

**128.            CITRUS COOLER**

**1 tub Crystal Light Lemonade Flavor Low Calorie Soft Drink Mix**

**1-1/2 cups cold water**

**1/2 cup cold orange juice**

**1 tablespoon lime juice**

**5 cups crushed ice or ice cubes**

**Place drink mix, water, orange juice and lime juice in blender container; cover. Blend on high speed until drink mix is dissolved. Add ice; cover. Blend until smooth. Serve immediately.**

**129.            CITRUS PUNCH**

**This is so refreshing during the summertime and the kids love it, this is great for bbq's, sleep overs, parties etc.**

**1 (12.00 ounces) can frozen lemonade concentrate, thawed**

**1 (12.00 ounces) can frozen orange juice concentrate, thawed**

**1 cup sugar**

**1 teaspoon vanilla extract**

**1 teaspoon almond extract (optional)**

**8 cups of cold water**

**2 liters carbonated lemon-lime beverage, chilled**

**in two large pitchers, or a large punch bowl, combine the first 6 ingredients gently stir in soda and serve immediately.**

**130.            CITRUS SPICED TEA MIX**

**1 (9 oz.) jar powdered orange breakfast drink mix**

**1 (4 oz.) jar lemon flavored ice tea mix**

**1-1/2 cups sugar**

**2 tsp. cinnamon**

**2 tsp. ground cloves**

**1 tsp. ground ginger**

**Mix drink mix, sugar and spices. Label and store in tightly covered container at room temperature, no longer than 6 months.**

**For each serving mix 3 teaspoons spiced tea mix and 1 cup boiling water in mix until mix is dissolved. Garnish each with a twist of lemon or orange peel and a cinnamon stick if desired. Makes about 5-1/4 cups mix.**



**131.            CLEANSING COCKTAIL (Juicer)**

**From Juicing for Life**

**1/4 inch gingerroot**

**1 beet**

**1/2 apple, seeded**

**4 carrots, greens removed**

**Push ginger, beet, and apple through hopper with carrots.**

**132.            COCKTAIL ALERT (Juicer)**

**1/2 pineapple, peeled**

**1 carrot**

**1 apple, cored**

**1 stalk celery**

**Juice together in the order given.**

**133.            COCKTAIL BEAUTY (Juicer)**

**3 oranges, peeled  
1 small cucumber**

**Juice together in the order given.**

**134.            COCKTAIL CHAMPAGNE (Juicer)**

**1/2 pineapple, peeled**

**2 apples, cored**

**Juice together in the order given.**

**135.            COCKTAIL EXQUISITE (Juicer)**

**1/2 pineapple, peeled**

**1 stalk celery**

**1/2 slice lemon**

**1 carrot**

**Juice together in the order given.**

**136.            COCKTAIL TANG (Juicer)**

**3-4 carrots**

**1 stalk celery**

**1/2 cup chopped parsley**

**1/2 cup chopped spinach, packed**

**Juice together in the order given.**

**137.            COFFEE BOURBON PUNCH (Alcoholic)**

**1 quart strongly brewed coffee  
1 pint heavy cream  
5 tablespoons granulated sugar  
5 teaspoons vanilla extract  
1/2 gallon vanilla ice cream  
1 pint bourbon**

**Brew coffee; cool in refrigerator until serving time. Whip cream; cover and refrigerate until serving time.**

**At serving time, pour coffee, sugar and vanilla extract into punch bowl and stir. Scoop ice cream into bowl and pour in bourbon. Mix lightly until all is blended and ice cream floats on top. Place large mounds of whipped cream on top. The sugar and vanilla extract can be added to the brewed coffee before refrigerating to save time. Serve at once. Yields 24 punch cups.**

**138.        COFFEE ESPRESSO**

**1-1/2 teaspoons nescafe instant coffee (or depending on taste as to how strong you like your coffee)**

**1/2 cup milk**

**1/2 cup water, plus a few drops for premixing**

**2 teaspoons sugar (or to taste)**

**cinnamon (optional)**

**Drinking cocoa powder**

**Put the coffee powder and sugar in a coffee mug. Add a few drops of water (just enough to incorporate the coffee powder in to form a thick paste) Stir vigorously with a spoon and soon you will see that the coffee and sugar form a whitish shiny paste. Boil the milk and water together. (if you do not like milky coffee you can boil plain water (1 cup) and add a few drops of milk just to your taste straight into the mug) Pour this from a little height into the mug so that the coffee froths up. Sprinkle a little drinking chocolate on top for effect. You can sprinkle some cinnamon powder on top too if you like the flavour of cinnamon.**



**139.            COFFEE ICE CREAM PUNCH**

**2 cups boiling water**

**3 tablespoons instant coffee**

**2 cups granulated sugar**

**1 gallon milk**

**1 quart vanilla ice cream, softened**

**1 quart chocolate ice cream, softened**

**Dissolve coffee into water and then sugar. COOL. Stir in remaining ingredients and serve in punch bowl.**

**140.        COUNTRY COCKTAIL (Juicer)**

**4 ripe tomatoes**

**1 cup green lettuce, packed**

**Juice together in the order given.**

**141.            COUNTRY LEMONADE****1-1/2 cups sugar****2-1/2 cups water****6 lemons****2 oranges****1 cup fresh mint****zest of 1 orange**

**Bring water sugar mixture to a boil. Cook 5 minutes, let cool. Add juice of lemons and oranges. Add orange zests. Pour over 1 cup mint. Let stand 1 hour, preferably longer. Remove mint. Store as a concentrate. To serve, pour 1/3 cup concentrate and 2/3 cup cold water over crushed ice.**

**142.            CRANBERRY ALMOND PUNCH**

**1 quart cranberry juice  
1-1/2 cups granulated sugar  
1 tablespoon almond extract  
4 cups pineapple juice  
2 quarts ginger ale**

**Mix cranberry juice, sugar, almond extract and pineapple juice well in advance of serving. Just before serving, add ginger ale.**

**143.            CRANBERRY GINGER TEA**

**2 cups boiling water**

**1/2 cup fresh ginger, thinly sliced**

**1/2 cup cranberries, fresh, rinsed**

**1 piece nutmeg**

**1/2 cup cranberry juice**

**2 sprigs mint**

**In a medium sized bowl, pour boiling water over ginger and cranberries. Cover and let stand 20 minutes. Strain, add nutmeg and cranberry juice and stir. Serve warm or chilled over ice cubes. Garnish with mint.**

**144.            CRANBERRY PINEAPPLE PUNCH**

**1 cup cranberries  
1 cup crushed ice  
4 cups cranberry juice, chilled  
4 cups pineapple juice, chilled  
1 1/2 cups granulated sugar  
1 tablespoon almond extract  
2 liters ginger ale, chilled**

**Using molds of your choice, arrange cranberries and crushed ice alternately in a striped pattern. Add cold water to fill molds. Freeze for 2 hours.**

**To unmold, wrap a hot damp cloth around the bottom of the mold; invert onto a baking sheet.**

**In a punch bowl, combine the juices, sugar and extract; stir until sugar is dissolved. Add ginger ale. Place ice molds in bowl, rounded side up. Serve immediately.**

**Yields 4 quarts (20 servings).**

**145.            CRANBERRY SIPPER**

**1 12 ounce can frozen pink lemonade**

**1 6 ounce can frozen cranberry juice cocktail**

**1 67.6 ounce bottle lemon lime carbonated beverage or 750 ml bottle of  
dry white wine, chilled**

**cracked ice and lemon twists**

**In a 3 quart pitcher combine juices; stir in carbonated beverage or  
wine. Serve over cracked ice with lemon twists. Makes 10 8 ounce  
servings.**

**146.            CREAMSICLE PUNCH**

**1 (48 ounce) can pineapple juice**

**1 (6 ounce) can frozen orange juice concentrate, undiluted**

**1 can sweetened condensed milk**

**1/2 gallon pineapple sherbet**

**2 (2 liter) bottles 7-Up**

**Gallon size freezer bag**

**In a medium bowl, mix pineapple juice, orange juice concentrate, and sweetened condensed milk; put into a freezer bag and freeze. When ready to serve, remove bag from freezer and thaw to slush consistency; pour into large punch bowl. Add two parts 7-Up to one part pineapple sherbet; stir gently and serve.**



**147.            CREAMY MINT PUNCH**

**1 1/2 cups water**  
**1 (10 ounce) jar mint-flavored apple jelly**  
**3 cups unsweetened pineapple juice**  
**1 (14 ounce) can sweetened condensed milk**  
**3/4 cup ReaLemon® Lemon Juice**  
**2 (32 ounce) bottles ginger ale or lemon-lime**  
**carbonated beverage, chilled**  
**1 quart lemon or lime sherbet**

**In a saucepan, combine water and jelly; cook and stir until jelly melts. Cool.**

**In a large punch bowl, combine jelly mixture with remaining ingredients except sherbet; mix well. Scoop sherbet on top of punch; serve immediately (stirring occasionally to keep mixture blended). Refrigerate leftovers.**

**148.            DAILY ENERGY PROTEIN SMOOTHIE**

**1 cup skim milk**

**1 teaspoon flax seed oil (keep refrigerated or in the freezer or it's healthful powers are eliminated)**

**1 banana, cut into chunks**

**1/2 cup berries or fruit (frozen makes a good summer drink)**

**1 teaspoon spirulina (powder form from health food stores)**

**2-4 tablespoons soy protein powder or rice protein powder or 1/2 cup silken tofu**

**Put liquid ingredients into the blender. Start the blender with the lid on (cuts down on spraying). Remove the lid and add the banana, Fruit, Spirulina powder AND/OR the protein powder or silken tofu.**

**The drink will become 'green' in colour because of the Spirulina. Drink it anyway and you will be pleasantly surprised and more healthy! (If you find it too 'tart', add non-caloric sweetener to taste)**

**149.            DAIRY QUEEN BLIZZARD**

**1 Heath candy bar**

**2-1/2 cups vanilla ice cream**

**1/4 cup milk**

**1 teaspoon fudge topping**

**Freeze the Heath bar. Break the candy into tiny pieces with a knife handle before removing from wrapper. Combine all of the ingredients in the blender and blend for 30 seconds on medium speed. Stop the blender to stir the mixture with a spoon; repeat until well mixed.**

**150.            DELICIOUS COCKTAIL (Juicer)**

**2 apples, cored**

**3 carrots**

**1 stalk celery**

**Juice together in the order given.**

**151.            DOUBLE BERRY BLAST**

**1 cup fat free milk**

**1 packet Strawberry Sensation Carnation Instant Breakfast**

**1/2 cup fresh or frozen unsweetened strawberries**

**1/2 cup ice cubes**

**Place milk, Carnation Instant Breakfast, strawberries and ice in blender; cover. Blend until smooth.**

**152.            DRUNKEN ORANGE JULIUS (Alcoholic)**

**Smooth enjoyable drink. Light too.**

**1 (6.00 ounces) can orange juice**

**1 (6.00 ounces) can milk**

**1 cup water**

**1/2 cup sugar**

**1 teaspoon vanilla**

**8 ice cubes**

**1/4-1/2 cup Galliano or vodka or whiskey**

**Blend above in a blender with 8 ice cubes. Add your liquor. This is refreshing any time.**

**153.            FIRESIDE COFFEE**

**2-1/2 cups powdered non-dairy creamer**

**2 cups hot cocoa mix**

**1 cup instant coffee granules**

**1 cup Ovaltine chocolate drink mix**

**1/4 cup sugar**

**2 teaspoons ground cinnamon**

**1/2 teaspoon ground nutmeg**

**Combine all ingredients: mix well. Store in an airtight container. Yield:  
6 cups mix.**

**To serve, add 1 tablespoon mix to 3/4 cup boiling water.**

**154.        FIRESIDE HOT CHOCOLATE (Alcoholic)**

**A great way to escape winter's chill - adults only! Make your hot chocolate with water or milk and top with whipped cream or marshmallows.**

**3/4 ounce vanilla vodka**

**3/4 ounce coffee liqueur**

**6 ounces hot cocoa**

**homemade marshmallow or whipped cream**

**Pour vodka & liqueur into a heatproof mug and top with hot chocolate. Garnish with a homemade marshmallow or whipped cream.**



**155.            FIRESIDE SPICED CIDER**

**1 quart apple cider**

**1/4 cup orange juice**

**2 4 inch cinnamon sticks**

**6 whole cloves**

**Combine ingredients in a 2 quart saucepan. Cook over medium heat until thoroughly heated. Serve hot. Serve with cinnamon sticks. Makes 1 quart.**

**156.            FLAMING ANTIBIOTIC (Juicer)**

**If you're unaccustomed to the heat of chiles, start with a small piece and add more once you become accustomed to the fire.**

**2 carrots, scrubbed**

**1 clove garlic**

**1 handful thyme, washed**

**1 chile, washed**

**1/2 cucumber, washed and cut into chunks**

**1 apple, washed and cut into pieces**

**Using juicer, process carrots, garlic, thyme, chile, cucumber and apple.  
Whisk together and pour into glass**

**157.            FLAMINGO COCKTAIL(Alcoholic)**

**1-1/4 ounces gin**

**1/2 ounce apricot brandy**

**Splash of lime juice**

**Dash of grenadine**

**Shake with ice, Strain into a chilled cocktail glass.**

**158.            FLYING ORANGE (Juicer)**

**2 pears**

**3 pink grapefruit**

**1 sweet potato**

**A delicious alcohol-free party pleaser that will blow both socks off. Ask the host if you can take your juicer to the party. Enjoy an enzyme high without a nasty hangover.**

**159.            FRESH FRUIT SMOOTHIE**

**1 envelope Knox Unflavored Gelatin**

**1 cup orange juice, divided**

**6 strawberries, washed and hulled**

**1 ripe banana**

**1 cup vanilla frozen yogurt**

**6 large ice cubes**

**Additional strawberries and orange slices (for garnish)**

**Sprinkle gelatin over 1/4 cup orange juice in saucepan; let stand 1 minute. Over low heat, stir until gelatin completely dissolves, about 2 minutes.**

**Blend remaining orange juice, strawberries, banana and vanilla yogurt in blender at high speed until smooth. Add gelatine mixture; process until blended. Add ice cubes; process at high speed until smooth and frosty. Garnish with additional strawberries and orange slices. Serve immediately.**

**160.            FRIENDSHIP TEA**

**2 cups orange drink mix**

**2 cups sugar**

**3/4 cup instant tea**

**1/4 oz pkg lemonade**

**1-1/2 teaspoon cinnamon**

**3/4 teaspoon ground cloves**

**Directions:**

**Combine all ingredients together and store in an airtight tin or jar.**

**Add 3 to 4 teaspoons friendship tea mix to 1 cup boiling water.**

**Combine tea mix with boiling water; stir until tea mix has dissolved completely.**

**161.            FROSTY NAVEL (Alcoholic)**

**1-3/4 cups Cool Whip (frozen is fine)**

**6 ounces orange juice concentrate (frozen is fine)**

**6 ounces peach schnapps (apricot nectar or water for virgin version)**

**1-1/2 cups crushed ice**

**Mix all ingredients in a blender**

**162.            FROSTY PINK PUNCH**

**1/2 cup fine granulated sugar**

**1/2 cup lemon juice**

**1 pint raspberry sherbet**

**1 cup orange juice**

**2 cups cranberry juice cocktail**

**28 ounces ginger ale, chilled**

**Combine first four ingredients in punch bowl or large pitcher and stir until sugar is dissolved. Spoon in sherbet. Pour ginger ale over all. Serve with ice (if desired).**



**163.            FROTHY ORANGE CREAMSICLE**

**This tastes like an Orange Julius, but the extra sugar adds a touch of sweetness! Very Refreshing.**

**1 (6.00 ounces) can frozen orange juice  
1 cup skim milk  
1 cup water  
1/2 cup sugar  
1 teaspoon vanilla  
10 ice cubes**

**Place first five ingredients in a blender and mix well. Add ice cubes one at a time thru the opening in the top of the blender while it is running. When all the ice cubes have been added and crushed blend for one minute more-- serve immediately.**

**164.            FROZEN BANANA-RITA (Alcoholic)**

**This margarita is definitely a tropical taste treat.**

**1 ounce banana liqueur**

**1 ounce tequila**

**1 ounce pineapple juice**

**1-1/2 teaspoons sugar**

**2 ounces half-and-half**

**1 cup crushed ice**

**Place all ingredients in a blender and mix until smooth. Pour into a margarita or martini glass frosted with sugar and serve at once.**

**165.        FROZEN RASPBERRY MARGARITA (Alcoholic)**

**This is a little bit of a change from the more traditional margaritas...makes an awesome party drink!**

**6 ounces tequila**

**2 ounces sour raspberry Schnapps (Sting)**

**6 ounces frozen limeade concentrate**

**ice cubes**

**Pour tequila, sting's sour raspberry schnapps and limeade into blender. Add ice cubes until about 2 inches from the top and blend all together. Serve in an unsalted glass (already has a little bit of a salt flavor). You can add a wedge of lime to the glass if desired.**

**166.            FRUIT NECTAR (Juicer)**

**1 orange, peeled and sectioned**

**1/2 cup raspberries, fresh or thawed**

**1 nectarine, pitted and sliced**

**Process the fruit in a juicer and serve.**

**167.        FRUIT PUNCH (Juicer)**

**1 apple, cored and sliced**

**6 strawberries, fresh or thawed**

**1/2 orange, peeled and sectioned**

**Process the fruit in a juicer and serve.**

**168.        FRUIT SALAD SMOOTHIE**

**1 cup Tropicana Pure Premium Orange Juice**  
**1 cup plain or vanilla nonfat yogurt, soy milk or tofu**  
**2 kiwi fruit, peeled and cut into chunks**  
**1/2 cup fresh pineapple chunks**  
**1 large banana, cut into chunks**  
**1 cup strawberries, halved**  
**1 tablespoon honey**

**In a blender container, place all ingredients; puree until smooth and creamy. Pour into four glasses and serve garnished with additional whole fruit. Makes 4 servings.**

**169.            FRUITED MINT TEA**

**A great summertime tea.**

**3 cups boiling water  
3 family size tea bags  
12 fresh mint sprigs  
3/4 cup sugar  
1/4 cup lemon juice  
1 cup orange juice  
5 cups water**

**Pour the boiling water over the tea and mint sprigs. Cover, and let steep at least 5 minutes. Remove the tea bags and mint, squeezing gently. Stir in the remaining ingredients. Serve over ice with additional mint sprigs as garnish, if desired.**

**170.            GAIN WEIGHT SMOOTHIE**

**This is high in calories, carbs, protein & fats. Ideal as a nutritious drink for poor appetites.**

**1 cup milk  
1 cup orange juice  
3/4 cup vanilla ice cream  
7 ounces sliced peaches or pears  
3 ounces sliced strawberries  
1 tablespoon powdered soy protein concentrate  
1 tablespoon wheat germ  
1 tablespoon honey  
4 tablespoons malt drink powder**

**Combine all ingredients in a blender. Put the dry ingredients in last to avoid settling in at the bottom.  
Blend for a few seconds.**



**171.            GARLIC BREATH DELIGHT (Juicer)****2 tomatoes****2 apples****1 clove of garlic****sprig of parsley**

**This bacteria buster means business. Garlic reduces blood pressure, helps with the problem of blood clotting, and lowering the LDL which increases bad cholesterol. Garlic boosts the immune system and encourages the recovery of heart attack victims. Garlic contains allicin which inhibits bacterial growth and fungus, helping with yeast overgrowths, and is useful in treating candida. Garlic increases the flow of digestive enzymes and encourages detoxification through the skin. The addition of parsley helps in combating the unpleasant odor of garlic.**

**172.            GASLIGHT MARTINI (Alcoholic)**

**This is served at the Gaslight Bar and Grill in Chicago.**

**2 ounces black cherry vodka**

**2 ounces Malibu rum**

**1 ounce pineapple juice**

**1 ounce sour mix**

**1 dash grenadine**

**1 dash cream**

**Orange rind (optional)**

**Maraschino cherry (optional)**

**Add all ingredients to a martini shaker full of ice; shake until ice cold, about 30 seconds. Pour into a martini glass and garnish with orange peel and cherry.**

**173.         GINGER APPLE CIDER (Juicer)**

**3 apples or 1 cup apple cider**

**1 inch piece ginger**

**Process through a juicer and serve.**

**174.            GINGER CITRUS PUNCH**

**1 package lime Kool-Aid  
3 cups boiling water  
1 large bottle ginger ale  
juice of 6 lemons  
4 cups sugar  
1 large can pineapple juice  
1 large can orange juice**

**Put sugar in a vessel with Kool-Aid. Pour boiling water in. Stir well and let cool. Add juices. Divide into 2 1 gallon jars and finish filling jars with water. Add ginger ale just before serving.**

**175.            GINGER LEMONADE**

**fresh ginger**

**juice of 3 lemons**

**1/2 cup honey or sweetener of choice**

**2 quarts water**

**Place water on the stove to boil. Peel a good 2 to 3 inch slice of ginger. Grate the ginger over a fine mesh grater. Squeeze the freshly grated pulp to remove the juice. Discard dry pulp. When water boils, add the lemon and ginger juice. Let steep for 20 minutes, then add the honey.**

**176.            GINGER MINT COOLER**

**1 cup water**

**1/2 cup granulated sugar**

**1/4 cup torn fresh mint leaves**

**1/2 cup fresh lemon juice**

**1 (32-ounce) bottle ginger ale, chilled**

**Combine water, sugar and mint in a small saucepan; bring to a boil, stirring constantly until sugar dissolves. Cook for 1 minute. Remove from heat. Strain mint leaves and discard. Chill mint syrup.**

**Combine chilled mint syrup, lemon juice and ginger ale in a large pitcher, mixing well. Serve over ice.**

**177.            GINGERBREAD COFFEE SYRUP**

**2 cups Grandma's molasses  
1 cup brown sugar  
2 tablespoons ground ginger  
2 tablespoons ground cinnamon**

**Mix together ingredients until well blended. Put in a pretty glass jar with lid and refrigerate until ready for use.**

**To serve, stir in 1 tablespoon of gingerbread syrup into a cup of freshly brewed coffee. Add cream to taste. Top with whipped cream and a light dusting of ground cloves.**

**178.                GOLDEN GLOW**

**A lovely blend of fruit juices that looks beautiful and tastes refreshing.**

**1/4 cup apricot nectar**

**1/4 cup apple juice**

**1/4 cup fresh orange juice**

**2 teaspoons fresh lime juice**

**1/2 cup chilled tonic water**

**1 teaspoon grenadine**

**Orange wedge**

**In a large tall glass, add the first 4 ingredients; stir to combine. Add 3-5 ice cubes. Top with tonic water (measurement is an approximation), stir gently. Add grenadine, don't stir. Garnish with an orange wedge.**



**179.            GOOD MORNING JUICE (Juicer)**

**If you are like me and sometimes have tummy trouble with orange juice this is a wonderful and even healthier alternative. This recipe does require the use of a juicer.**

**3 apples**

**3 carrots**

**1/2 lime**

**1/2-1 inch fresh ginger (depends how much you enjoy the zest of ginger)**

**Slice apple in pieces to fit the "feed" of your juicer leaving skins on but seeds and stems removed as best as you can.**

**Chop off tops and bottoms of carrots and cut to fit juicer feed if needed.**

**Try to remove seeds from lime half.**

**Press all through your juicer pour into a big glass over ice and GOOD MORNING!**

**180.        GOURMET HOT CHOCOLATE MIX**

**11 cups powdered dry milk**

**1 cup powdered sugar**

**11 ounces powdered non-dairy creamer**

**2 pounds instant chocolate drink mix**

**4 heaping tablespoons unsweetened cocoa**

**1 small box of instant chocolate pudding mix**

**Mix and store in an airtight container. Use 3 heaping tablespoons per 6-8 ounces of boiling water.**

**181.        GREEN APPLE POWER PUNCH (Juicer)**

**Sorrel -- 6 Leaves**

**Apples -- 2 Large granny smith whole**

**Lime -- 1 Half with peel**

**Mint -- 1 Sprig with stems**

**Parsley -- 1 Handful with stems**

**Take this on an empty stomach. Don't eat or drink anything else for half an hour.**

**Any dessert apple can be substituted.**

**182.            GREEN APPLE SORBET (Juicer)**

**2/3 cup sugar**

**1/3 cup water**

**1 mg tablet vitamin C**

**6 Granny Smith apples (2 2/3 lb), cut into 1-inch wedges**

**Special Equipment**

**electric juice extractor**

**ice cream maker**

**Simmer sugar and water in a small heavy saucepan, stirring, until sugar is dissolved, then remove from heat.**

**Crush vitamin C tablet to a powder with a mortar and pestle or the back of a spoon and place in a 1-quart container that will fit under spout of juicer. Using electric juicer, juice apples into container. Spoon off foam and stir in sugar syrup. Chill, covered, until cold, at least 1 hour. Freeze in an ice-cream maker.**

**Cooks' notes: It's not necessary to peel or seed the apples before putting them in the juicer. Sorbet can be kept, frozen, in an airtight container 1 week. Each 3/4-cup serving about 167 calories and less than 1 gram fat.**

**183.            GREEN LIFE POWER DRINK**

**4 - 6 Carrots**

**2 romaine lettuce leaves**

**1 beet**

**2 celery stalks**

**1/4 cup cilantro**

**184.            HAIL CAESAR (Alcoholic)**

**1 tablespoon celery salt  
1 slice lemon  
1/4 ounce lemon juice  
2 drops Tabasco sauce  
1 dash Worcestershire sauce  
2 ounces vodka  
6 ounces Clamato juice  
1 stalk celery**

**Place celery salt in a small bowl or saucer. Wet the rim of a glass with a lemon slice & rub in the celery salt. Mix lemon juice, Tabasco & Worcestershire in the glass. Season to taste with salt & pepper. Add vodka, ice cubes & clamato; stir well.  
Serve with a stick of celery.**

**185.            HANGOVER REMEDY (Juicer)**

**4 apples, washed, cut into pieces**

**1 (1/2-inch) piece ginger root**

**half lemon, peeled and halved**

**1/2 teaspoon crushed lavender buds**

**Using juicer, process the apples, ginger and lemon. Whisk in lavender and pour into a glass.**

**186.        HARVEY WALLBANGER PUNCH (Alcoholic)**

**1 quart vodka**

**1 quart cream**

**1/2 quart Galliano liqueur**

**5 quarts orange juice**

**Mix well and pour over ice nuggets in a pretty punch bowl.**



**187.            HAWAIIAN PUNCH**

**2 46 ounce cans pineapple juice**

**2 46 ounce cans grapefruit pineapple juice**

**2 46 ounce cans red Hawaiian Punch**

**1 large bottle ginger ale**

**Mix juices in advance and chill. Add ginger ale just before serving, or chill all ingredients in advance and mix just before serving.**

**188.        HEALTHY BONE TONIC (Juicer)**

**6 carrots**

**4 kale leaves**

**4 sprigs parsley**

**1/2 apple**

**189.            HEARTWARMING TEA MIX**

**1 jar (15 oz.) instant orange breakfast drink mix**

**1 cup sugar**

**1 cup unsweetened instant tea powder**

**1/2 cup presweetened lemonade-flavored soft drink mix**

**1 tsp. each imitation pineapple extract and imitation coconut extract**

**In a blender or food processor, combine all ingredients. Makes about 4-1/4 cups tea mix. Give with serving suggestions. To serve: Stir a rounded tablespoonful of mix into 6 oz. of hot water.**

**190.            HOLIDAY WASSAIL**

**6 cups apple cider  
2-1/2 cups apricot nectar  
2 cups unsweetened pineapple juice  
1 cup orange juice  
1 teaspoon whole cloves  
4 whole allspice  
3 (3-inch) sticks cinnamon**

**Combine all ingredients in a Dutch oven; bring to a boil. Reduce heat and simmer 15 minutes. Strain and discard spices. Serve hot. Makes 3 quarts.**

**191.            HOMEMADE CHAI MIX**

**A spiced tea from India. A very soothing beverage that is served hot or cold.**

**2 cups skim milk powder  
2 cups non-dairy powdered coffee creamer  
2 cups powdered sugar  
1/3 cup brown sugar  
2 cups instant tea, unsweetened  
1 (3.40 ounces) package Jello Instant Vanilla Pudding Mix  
2 tablespoons ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cardamom  
1/4 teaspoon ground ginger  
1/4 teaspoon ground allspice  
1/8 teaspoon ground cloves  
1/2 teaspoon ground turmeric (optional)  
1/8 teaspoon white pepper (optional)**

**Mix one cup of powdered dry milk with the brown sugar and spices and blend in the blender or food processor, to get the lumps out of the brown sugar. Combine with remaining ingredients and mix well. The turmeric adds a rich, lovely color to the finished brew. The white pepper adds a nice warmth.  
Start with two rounded tablespoons of mix to an 8 ounce cup of hot water; stir and enjoy. Store mix in a covered container.**

**192.         HONEY BEE RASPBERRY ICED TEA**

**2 cups freshly brewed tea**  
**2 cups cranberry raspberry juice**  
**1/4 cup honey**

**In a large, heat proof pitcher, whisk together all ingredients until thoroughly combined and honey is dissolved. Chill until ready to serve. To serve, pour over ice.**

**193.            HONEY-LUSCIOUS LIME-ADE**

**5 cups water**

**1 cup lime juice**

**2/3 cup sugar**

**2 tablespoons honey**

**2 kiwi fruit sliced**

**In 2 quart pitcher combine water, lime juice, sugar and honey. Stir to dissolve sugar. Serve over ice and with kiwi slices.**

**194.            HOT BUTTERED RUM MIX**

**1 lb butter**

**1 lb dark brown sugar**

**1 lb powdered sugar**

**1 qt vanilla ice cream**

**Rum**

**Boiling water**

**Cream butter and sugars. Mix ice cream in gently. Freeze.**

**To serve:**

**Put 2 to 3 tablespoons butter rum mix and 1 jigger rum in a cup; fill with boiling water. Stir & serve.**



**195.            HOT CHOCOLATE MASTER MIX**

**3 cups nonfat dry powdered dry milk**

**2 cups semi sweet chocolate chips**

**Put ingredients in blender, or food processor. (I recommend doing half a batch at one time) Whir it around only until it is "finely ground". If you whir too long it will clump up in the blender. Store in an airtight container. Use heaping tablespoons per mug of boiling water.**

**VARIATIONS:**

**Cocoa-Mocha - Add 1/2 cup instant coffee to the mix.**

**Orange-Cinnamon - Add 1 tsp. of grated orange peel and 2 tsp. cinnamon**

**Scotchy Cup - Decrease chocolate chips by 1 cup, and add 1 cup butterscotch chips instead**

**Mint Hot Chocolate - Decrease chocolate chips as above, and add 1 cup mint-chocolate chips.**

**Raspberry Cocoa - Decrease chocolate chips as above, and add 1 cup of Raspberry-chocolate chips.**

**Milk Chocolate Chocolate - Decrease chocolate chips as above, and add 1 cup of Milk Chocolate chips**

**Malted Milk Chocolate - Prepare as for Milk Chocolate Chocolate, except substitute 1/2 cup of malted milk powder for 1/2 cup of powdered milk.**

**196.            HOT CHOCOLATE**

**6 tablespoons unsweetened cocoa  
6 tablespoons sugar  
pinch of salt  
2 1/2 cup milk  
2 1/2 cup light cream  
1/2 teaspoon vanilla or more to taste  
pinch of cinnamon powder, optional  
whipped cream  
orange zest**

**Mix cocoa, salt and sugar. Add milk. Heat to dissolve. Add light cream, cinnamon and vanilla. Heat to just under boiling. Mix very well and pour into warm mug. Top with whipped cream, cocoa powder, and fine orange zest.**

**197.            HOT COCOA LOCO (Alcoholic)**

**I would top this with whipped cream and shaved chocolate.**

**1 cup nonfat dry milk powder**

**1/3 cup sugar**

**1/4 cup unsweetened cocoa**

**1/4 cup non-dairy powdered coffee creamer**

**1 dash salt**

**5 cups water**

**1 teaspoon vanilla extract**

**1/2 cup rum**

**1/2 cup Creme de Cacao**

**In a large bowl, combine the dry milk, sugar, cocoa, creamer, and salt, mix well then set aside.**

**In a large saucepan, bring the water to a boil high heat.**

**Remove from the heat then add the vanilla; stir in the reserved dry mixture until well combined.**

**Add the rum and creme de cocoa; mix well and serve in mugs or heat-proof stemmed glasses.**

**198.            HOT FRUIT DRINK**

**Have a batch on hand for a cold day.**

**1 cup sugar**

**2 cups water**

**1 (6.00 ounces) can frozen concentrated lemonade, thawed**

**3 (6.00 ounces) cans frozen concentrated orange juice, thawed**

**1 teaspoon vanilla**

**1 teaspoon almond extract**

**On low heat, dissolve sugar in water. In a gallon container, add sugar mixture to lemonade and orange juice concentrates along with vanilla and almond extracts. Fill container to top with water and mix well.**

**When ready to serve, pour into cups and microwave until hot taking care not to boil.**

**199.            HOT HOLIDAY PUNCH**

**So good, full of cranberry and orange/pineapple juice! I made this for us to enjoy over the Christmas holidays. It is wonderful and warms you right up!**

**64 ounces cranberry juice**

**1 (6.00 ounces) can pineapple juice concentrate or orange juice concentrate**

**2 cups water**

**12 cinnamon sticks**

**3 whole cloves**

**Combine all ingredients and simmer for 20 minutes. Serve hot. I put mine in the crock-pot and let everyone serve themselves.**

**200.            HOT SPICED ORANGE DRINK**

**1 (10 oz) jar of Tang**

**2 oz Lemonade mix (Country time)**

**2 cups sugar**

**2 tsp cinnamon**

**1 tsp cloves**

**Mix and store in a covered container. To make into a drink mix 2-1/2 teaspoons and 1 cup boiling water.**

**Here is a recipe to give as gifts. You can sew a bag or put mix in a canning jar. If you sew a bag, put the mix in a plastic bag before putting it into the cloth bag.**

**201.            HOT SPICED PINEAPPLE PUNCH**

**1 (12-ounce) can pineapple juice concentrate**

**36 ounces water (3 juice containers)**

**1/3 cup brown sugar, lightly packed**

**1 teaspoon cinnamon**

**1/4 teaspoon ground nutmeg**

**1/8 teaspoon ground cloves**

**2 teaspoons rum extract**

**lemon slices**

**Combine pineapple juice concentrate, water, brown sugar, cinnamon, nutmeg and cloves in large saucepan. Simmer 15 minutes. Add rum extract. Serve hot garnished with lemon slices.**

**Makes 6 cups.**

**202.            HURRICANE PUNCH**

**3/4 ounce each: rum, dark rum, apricot brandy, splash grenadine and sour mix. Shake with ice, Serve in a hurricane glass, Garnish with a flag.**



**203.        ICED CHAI CAPPUCCINO**

**This Iced Chai Cappuccino is so easy to make, you can throw it together and skip the usual coffeehouse routine.**

**3/4 cup milk**

**1 packet Cappuccino Carnation Instant Breakfast**

**1/2 teaspoon vanilla extract (optional)**

**1/8 teaspoon ground cardamom**

**1/8 teaspoon ground cinnamon**

**1/2 cup ice cubes**

**Place milk, Carnation Instant Breakfast, vanilla extract, cardamom and cinnamon in tall glass; stir until combined. Add ice.**

**FOR A BLENDED ICED CHAI CAPPUCCINO:**

**Place milk, Carnation Instant Breakfast, vanilla extract, cardamom, cinnamon and ice in blender; cover. Blend until smooth.**

**Makes 1 serving.**

**204.            ICED COFFEE FREEZE**

**Just like you get at the mall!!! Slushy and cold iced coffee drink ! Add some whipped cream and a sprinkle of nutmeg on top and sit back , put your feet up and relaxand enjoy!**

**3 cups strong coffee**

**2 cups sugar**

**1 pint cream**

**1 quart whole milk (NOT 2%)**

**2 teaspoons vanilla extract**

**Dissolve sugar in hot coffee. Cool slightly. Add remaining ingredients and pour into 1 large freezer container or, 2 or 3 smaller ones, and freeze. Remove container from freezer 1&1/2 to 2 hours before serving. Stir and serve icy cold and slushy!**

**205.            ICED MOCHA FUSION**

**3/4 cup milk**

**1 teaspoon vanilla extract**

**3 tablespoons granulated sugar**

**3 tablespoons mocha flavored instant coffee mix**

**1 cup crushed ice**

**In a blender or food processor, combine milk, vanilla, sugar, coffee powder and crushed ice. Blend until smooth. Pour into glasses and serve.**

**206.            ICED SWEET MINT TEA**

**If you enjoy having a soothing, refreshing glass of iced tea in the summertime, I hope you will try this sweet mint tea. If you don't care for sugar in your tea, just leave it out, it will still be just as satisfying.**

**12 bags single serving tea (caffinated or decafe)**

**2 quarts boiling water**

**10 sprigs mint**

**1 cup sugar (or to taste)**

**2 lemons, sliced**

**In a large tea pot (or two small tea pots) pour boiling water over tea bags and mint and allow to steep for 20 minutes.**

**Place sugar in 2-quart pitcher (that will tolerate some heat).**

**Pour freshly brewed tea (minus mint and tea bags) into sugar and stir until sugar is dissolved. Place in refrigerator until ready to serve.**

**To serve, pour into tall glasses over ice. Serve with lemon slices. Serves 8.**

**207.            ICY MINT CITRUS COOLER**

**4 tea bags  
1 cup boiling water  
1/2 cup honey  
1/4 cup fresh mint leaves, crumbled  
1 cup orange juice  
3/4 cup pineapple juice  
1/4 cup lime juice  
ice cubes  
1 quart plus 2 cups carbonated water**

**Place tea bags in a medium bowl and add boiling water. Let stand 10 minutes. Remove tea bags. Add honey and mint and mix well. Mix juices in a large container. Add tea mixture and refrigerate until ready to use. To serve, fill glasses with ice cubes and add 1/2 cup tea concentrate. Fill glass with carbonated water. Serves 6.**

**208.            INSTANT SPICED TEA**

**2 cups powdered orange breakfast drink**

**1-1/2 cups sugar**

**3/4 cup instant tea**

**2 packages unsweetened lemonade mix**

**1 teaspoon ground cloves**

**1 teaspoon ground cinnamon**

**Mix the ingredients and put them into a plastic container or double plastic bag.**

**Label the mix Spiced Tea. Add 2 heaping teaspoons to 1 cup boiling water.**

**209.            IRISH MOCHA SMOOTHIE**

**1 tray frozen coffee cubes  
3 scoops frozen coffee yogurt  
3 tablespoons chocolate syrup  
1/4 cup Bailey's Irish Cream  
1/2 cup milk**

**In a blender process six coffee cubes, frozen yogurt, chocolate syrup, Irish Cream and milk until smooth. Serve in a tall glass. Yield: 1 smoothie.**

**210.            IRISH SPRING (Alcoholic)**

**This makes a nice drink, but sip it slowly! I like to serve it in a tall 10 oz. glass. The recipe comes from Casey's Bar in Los Angeles.**

**1 ounce Irish whiskey**

**3/4 ounce peach brandy**

**1 ounce orange juice**

**1 ounce prepared prepared sweet-and-sour mix**

**1 orange slice**

**1 maraschino cherry**

**Pour all ingredients, except orange slice and cherry, over crushed ice in a 10 ounce glass. Stir well. Garnish with the orange slice and cherry.**



**211.            IRISH TEA (Alcoholic)**

**From the Landmark Tavern in New York.**

**1-1/2 ounces orange brandy**

**4-5 ounces hot tea**

**1/2 teaspoon sugar**

**Whipped cream**

**1 large orange rind, strip**

**Pour brandy into an 8 oz. mug. Add tea and sugar; stir. Top with a swirl of whipped cream. Twist orange peel and drip into mug.**

**212.            ISLAND PARADISE SMOOTHIE**

**1-1/2 cups orange juice**

**1/2 cup crushed pineapple in own juice**

**1 scoop protein powder**

**1 teaspoon coconut flavoring, if desired**

**2 ice cubes**

**Whip all ingredients in blender until frothy. Makes one serving.**

**213.            JAVA CHILL**

**2 cups fat free skim or 1 % lowfat milk**

**3/4 cup brewed espresso or double-strength coffee, preferably dark-roast**

**2 teaspoons granulated sugar**

**2 ounces dark or bittersweet chocolate, chopped**

**The night before, fill an ice-cube tray with milk. Freeze solid. Chill brewed coffee in refrigerator.**

**Finish in two batches, so the blender won't overflow: place half the milk cubes in the container. Add half the coffee and one teaspoon of the sugar and blend until smooth. Add one ounce chopped chocolate and blend 10 to 30 seconds, until chocolate is well blended. Pour into tall, frosted glasses and repeat with the remaining ingredients.**

**Makes 2 servings.**

**214.        JELL-O LIME PINEAPPLE SMOOTHIE**

**1/2 cup boiling water  
1 package lime Jell-O gelatin  
2 cups vanilla ice cream  
1 cup milk  
1/2 cup canned pineapple tidbits, drained  
(fresh can be substituted)**

**In a blender, pour in boiling water then gelatin powder. Cover and blend for a couple of seconds; scrape sides of container.**

**To a blender, add the ice cream, milk, and pineapple; also add a few handfuls of crushed ice. Replace cover and blend until smooth; serve immediately.**

**215.            JELL-O PUNCH**

**1 small box strawberry or cherry gelatin**

**1 cup granulated sugar**

**1 large can frozen lemonade**

**1 (46 ounce) can pineapple juice**

**1 teaspoon vanilla extract**

**1 teaspoon almond extract**

**Add enough water to make 1 gallon. Let stand several hours before serving to mix flavors.**

**216.            JOGGERS PARADISE (Juicer)**

**3 oranges**

**2 hard pears**

**1 small yam**

**Here is a muscle-blasting, power-pushing juice for joggers. Juice fasters often experience periods of phenomenal strength and endurance. Add a little crushed ice and let your taste buds sing. Sip slowly.**

**217.            KAHLUA PEACHES N' CREAM (Alcoholic)**

**1 ounce Kahlua**

**1 ounce Peach Schnapps**

**4 ounces cream**

**Pour Kahlua, Peach schnapps and cream over ice. Stir and enjoy.**

**218.            KAHLUA SMOOTHIE (Alcoholic)**

**1 pint vanilla ice cream  
1/3 cup Creme De Cacao  
1/3 cup Kahlua**

**Combine ingredients in blender and process until smooth. Serve after dinner.**



**219.            KEY LIME SMOOTHIE**

**1 small box Jell-O Brand Lime Flavor Sugar Free Low Calorie Gelatin**

**1/2 cup boiling water Ice cubes**

**1/2 cup cold water**

**1 1/2 cups thawed Cool Whip Free Whipped Topping**

**Place gelatin in blender container. Add boiling water; cover, venting lid.**

**Blend on low speed 1 minute or until gelatin is completely dissolved.**

**Add enough ice to cold water to measure 1 1/2 cups. Add to blender container along with the whipped topping; cover. Blend on medium speed until thickened and well blended.**

**Serve immediately. Makes 4 servings.**

**220.            KIWI KOOLER PUNCH**

**3 kiwifruit, divided**

**20 maraschino cherries**

**1 (1 liter) bottle club soda, chilled**

**1 (1 liter) bottle ginger ale, chilled**

**3 cups orange juice, chilled**

**1 pint vanilla ice cream**

**Peel and quarter 2 kiwifruit. Place kiwifruit and cherries in an electric blender. Blend on high speed until smooth.**

**Pour into a punch bowl. Add club soda, ginger ale and orange juice.**

**Mix well. Peel and slice remaining kiwifruit. Garnish punch with kiwifruit slices. Spoon ice cream into punch. Serve immediately.**

**221.            KIWI LIME SMOOTHIE**

**2 kiwi fruit**

**1 banana**

**1 teaspoon lime juice**

**1/2 teaspoon grated lime zest**

**2 ice cubes**

**1 cup skim milk**

**1/4 cup part skim milk ricotta cheese**

**Peel kiwi fruit and banana; cut into large chunks. Place fruit, lime juice, lime zest and ice cubes in food processor or blender; process until blended. Add milk and ricotta; process for another 5 to 10 seconds, scraping down sides of container with rubber spatula. Pour shake into 2 tall glasses and serve. Serve 2.**

**222.        KIWI SMOOTHIE**

**1 cup milk**

**1 kiwi, peeled and sliced**

**1 scoop vanilla ice cream**

**Place all ingredients in a blender container. Blend for 30 seconds or until smooth. Serve at once.**

**NOTE: The enzyme in kiwi will produce off-flavor with milk if left standing. Drink within about 15 minutes of making.**

**223.            KIWI STRAWBERRY PATCH (Alcoholic)**

**1 cup ice**

**1 ounce kiwi strawberry liqueur**

**1/2 ounce rum**

**4 ounces frozen margarita mix concentrate**

**Combine all ingredients in a blender & blend until slushy. Pour into a margarita glass & garnish with a slice of fresh strawberry or lime.**

**224.            KIWI STRAWBERRY SMOOTHIE**

**3 peeled kiwi**

**1 cup frozen banana slices**

**3/4 cup pineapple juice**

**1/2 cup frozen strawberries**

**Put all in blender and whirl away. Pour in tall glass and enjoy.**

**225.            LAVENDER LEMONADE**

**5 cups water**

**1-1/2 cups sugar**

**12 stems fresh lavender**

**2-1/4 cups lemon juice**

**Boil 2-1/2 cups of water with the sugar. Add the lavender stems and remove from heat. Place on the lid and let cool. When cool, add 2 1-/2 cups water and the lemon juice. Strain out the lavender. Serve the lavender lemonade with crushed ice and garnish with lavender blossoms. Serves 8. Refreshing!**

**226.        LEMON CELERY DELIGHT (Juicer)**

**2 peeled lemons**

**1 handful of tender celery leaves**

**1/2 cup raw sugar**

**Juice the celery leaves, then the lemons. Stir in sugar, add water to make 1 quart. Serve with ice cubes**



**227.            LEMON DROP MARTINI (Alcoholic)**

**This is like lemonade for grown-ups!!**

**2 ounces van gogh citrus-infused vodka  
1/4 ounce fresh lemon juice  
1/2 ounce Cointreau liqueur or triple sec  
1/2 ounce prepared sweet-and-sour mix  
1 tablespoon sugar  
1 slice lemon  
Ice**

**Sugar the rim of a chilled martini glass. Shake the liquids with ice and strain into the glass. Garnish with the lemon slice.**

**228.            LEMON GINGER TEA**

**I love this tea. It's very refreshing.**

**1 lb gingerroot**

**1/3 cup lemon juice**

**1/3 cup honey or sugar**

**Grate or thinly slice ginger root (no need to peel). Steep in boiled water for at least 3 hours (more if you can stand to wait that long).**

**Pour strained liquid into a 1 gallon pitcher, adding lemon juice and sweetener. Add enough cold water to make 1 gallon of tea.**

**229.            LEMON GRANITA**

**1-1/2 cups sugar**

**1 to 2 tablespoons grated lemon zest**

**2-1/2 cups of water**

**1 cup of fresh lemon juice**

**What you do:**

**Combine sugar, lemon zest and 1/2 cup water in small saucepan. Bring to simmering, stirring until sugar is dissolved. remove from heat.**

**Combine sugar mixture, remaining water and lemon juice in 13 x 9 x 2 inch pan. Freeze 1 1/2 hours. Stir every 30 minutes to break up crystals until evenly crystallized (mixture can be frozen in ice-cream maker, according to manufacturer's instructions). Spoon into glasses (or lemon shell). Serve with cookies.**

**230.            LEMON SHERBET SMOOTHIE**

**2 pints lemon sherbet, softened**

**1-1/2 cup cold milk**

**2 cup frozen fruit, such as peaches, blueberries or raspberries**

**In blender or food processor, combine all ingredients. Blend until smooth. Serve immediately in chilled glasses. Makes 6 to 8 servings.**

**231.            LEMON STRAWBERRY PUNCH**

**3 (12 ounce) cans frozen lemonade**

**1 package frozen strawberries, thawed and mashed**

**1 liter lemon-lime soda, chilled**

**Prepare lemonade according to directions on can. Blend in mashed strawberries and soda. Serve over crushed ice.**

**232.            LEMON-LIME GINGER ALE (Juicer)**

**1 apple, cored and sliced**

**1/2 inch fresh ginger (less if you find the taste too strong)**

**Handful of grapes**

**1/4 lemon**

**1/2 lime**

**Sparkling mineral water**

**Remove the grapes from the stem. Juice the apple and ginger together, then juice the rest of the fruit. Pour the juice in a large glass and fill to the top with sparkling water and serve with ice.**

**233.            LIME SHERBET PUNCH**

**36 ounces frozen limeade**

**3 liters ginger ale, 7-Up or club soda**

**1 to 1-1/2 gallons lime sherbet**

**In a punch bowl, mix frozen limeade with ginger ale. Float scoops of lime sherbet on top of the punch.**

**Serve in glass cups. Be sure to include a scoop of sherbet in each cup.**

**Enjoy!**

**234.            LOADED LEMONADE (Alcoholic)**

**Delicious tingly adult drink. Chill time is 2 hours.**

**1/2 cup fresh orange juice  
1/2 cup prepared sweet-and-sour mix  
1/2 cup tequila  
1/2 cup triple sec  
2 cups Sprite**

**Add first four ingredients to a pitcher or large bowl; stir to combine; chill for 2 hours.**

**Right before ready to serve, add Sprite; stir to combine. Serve in ice-filled glasses.**



**235.            LONG HOT SUMMER COOLER**

**8 tea bags**

**3 quarts boiling water**

**3/4 cup sugar**

**1 bottle ginger ale, 32 ounces**

**1 can lemonade, frozen concentrate, 12 ounces**

**Steep tea in water for 10 minutes. Remove tea bags and mix tea with remaining ingredients. Chill. Ginger ale may be chilled and added just before serving if a more carbonated punch is desired. Serves 15.**

**236.            LOW CARB TROPICAL MIMOSA**

**4 ounces dry sparkling wine**

**4 ounces diet V-8 tropical punch**

**Mix and enjoy!**

**237.            LUNG TONIC (Juicer)**

**(Helpful for diabetes and hypoglycemia)**

**3 carrots**

**2 lettuce leaves**

**1 handful string beans**

**4 brussel sprouts**

**2 apples**

**238.            MALTED HOT COCOA MIX**

**25.6 ounce package nonfat dry milk powder**  
**6 cups miniature marshmallows**  
**16 ounce container instant chocolate milk mix**  
**13 ounce jar malted milk powder**  
**1 cup sifted confectioners sugar**  
**6 ounce jar non-dairy creamer (powdered)**  
**1/2 tsp. salt**

**In a large bowl, combine all ingredients and stir until well blended.  
Store in an airtight container. Keep in a cool place. Makes about 20  
cups or 10 gifts.**

**In a mug, pour 6 ounces of hot water over 1/3 cup cocoa mix, and stir  
until well blended.**

**239.            MANDARIN, LEMON & HONEY (Juicer)**

**4 mandarins**

**1/2 lemon**

**1 tsp honey**

**Peel fruit and juice. Mix in honey before drinking.**

**Benefits**

**This citrus combination contains vitamin C to help fight infection and honey to soothe a sore throat.**

**240.            MANGO BANGO (Alcoholic)**

**A colorful, slushy summer drink that is fun for adult parties.**

**1 cup ice  
1 cup chopped mango  
1/2 cup frozen blueberries  
1/4 cup apricot nectar  
2 ounces Southern Comfort  
1 ounce rose sweetened lime juice**

**Add all the ingredients to the container of an electric blender. Cover and blend on high until smooth; may have to pulse on and off to get an even swirl. Serve in a chilled glass.**

**Variations: Pink Mango Bango--omit blueberries and substitute 6 large frozen strawberries.**

**Red Mango Bango: decrease blueberries to 1/4 cup and add 1/4 cup frozen raspberries.**

**Yellow Mango Bango--omit blueberries and substitute 1 cup frozen peach slices.**

**241.            MANGO COLADA**

**Great combination of mango, pineapple and coconut!**

**1/2 cup pineapple juice  
1 cup ripe mango, cubes  
2 tablespoons fresh lime juice  
1/3 cup cream of coconut  
1/3 cup light rum  
1 cup crushed ice**

**Place all ingredients in a blender (add ice last) and blend until smooth and thick. Pour into tall glass and sip slowly!**

**242.            MANGO RASPBERRY SMOOTHIE**

**1 ripe mango, peeled, pitted and cubed**

**1 cup fresh or frozen raspberries**

**1 cup raspberry frozen yogurt**

**1 cup ice cubes**

**1/4 cup fruit juice (cranberry, orange or any juice blend)**

**Combine all ingredients in a blender container and blend until smooth.**

**Pour into 2 chilled glasses.**

**Makes 2 servings. Nutrition per serving: 221 calories, 5.3 g protein, 53 g carbohydrate, 7 g fiber, .68 mg cholesterol, 72 mg sodium.**



**243.            MANGO SMOOTHIE**

**1 ripe mango, peeled and diced**

**1 cup vanilla yogurt**

**1/2 cup orange juice**

**1 to 2 tablespoons honey or artificial sweetener**

**Combine all ingredients in a blender and whirl till smooth. Note: can add bananas, berries or other fruit if you wish.**

**244.            MANGO TANGO SMOOTHIE**

**1/2 cups mango, peeled and diced**

**1/2 cup plain nonfat yogurt**

**crushed ice**

**sprig of fresh mint for garnish**

**Place mango, yogurt and ice in a blender or food processor and whirl away. Pour into glass and garnish with a mint sprig if desired. You may want to add a little milk if the drink is too thick, or a little brown sugar for more depth of taste.**

**245.            MARGARITA GRANITA (Alcoholic)**

**3 cups water**

**1 cup sugar**

**1/2 cup fresh squeezed lime juice**

**1/3 cup fresh squeezed lemon juice**

**6 tablespoons triple sec**

**6 tablespoons gold tequila**

**2 teaspoons grated lime rind**

**additional sugar**

**Add water and sugar to a saucepan; bring to a boil, stirring constantly. Pour mixture into a large bowl (one that will fit in your freezer). Add in the lime juice, lemon juice, triple sec, tequila, and lime rind; stir to combine. Cover and freeze for 8 hours.**

**Add frozen mixture to an electric blender or food processor and process until slushy.**

**Wet the rim of margarita glasses, then dip rims into sugar. Spoon the slushy granita into the glasses.**

**246.            MATERNITY MEDLEY**

**Get the nutrients you need for a healthy baby**

**1 (28.00 ounces) can of chopped tomatoes with juice**

**1 container lemon low fat yogurt**

**1 avocado, chopped**

**tablespoons tomato puree**

**1/2 teaspoon vinegar**

**1 dash Tabasco sauce**

**2-3 crushed ice cubes**

**2 teaspoons celery**

**Combine everything in a blender and process until smooth or at the required consistency.**

**If you are pregnant, its very important for you to get all the essential nutrients necessary for a healthy baby.**

**You need to think about supplementing your diet with vitamin K and C.**

**This smoothie tastes great and is loaded with vitamins for both, mom dearest and baby sweetest!**

**247.            MELON MADNESS SMOOTHIE**

**1 cup of peach fat free yogurt, frozen**

**1 cup skim milk**

**1/2 cup cantaloupe**

**1/2 cup honey dew melon**

**4 ice cubes**

**1/2 cup strawberries or watermelon**

**Put yogurt, milk, and strawberries into blender. Blend on high for about 30 to 45 seconds. Then add in cantaloupe, melon, and ice. Blend once again on high for 1 minute.**

**248.            MELON SMOOTHIE**

**1/4 cantaloupe - peeled, seeded and cubed**

**1/4 honeydew melon - peeled, seeded and cubed**

**1 lime, juiced**

**2 tablespoons sugar**

**In a blender, combine cantaloupe, honeydew, lime juice and sugar.  
Blend until smooth. Pour into glasses and serve.**

**249.            MELONADE (Juicer)**

**1 lemon, peeled**

**1/4 watermelon, without rind**

**Juice everything.**

**250.        MENOPAUSE TEA**

**Helps to relieve the symptoms.**

**6 tablespoons raspberry leaves**

**4 tablespoons chamomile fresh edible flowers**

**2 tablespoons rose petals**

**1 tablespoon dried ginger**

**1 tablespoon ground licorice root**

**1 tablespoon rosemary**

**Honey**

**Combine all dry ingredients in a clean glass jar and label.**

**If using fresh ginger, cut a 1/4 inch slice for each cup of tea.**

**Pour 1 cup of hot water over 2 teaspoons of herbal mix per cup. Steep 5 to 10 minutes and drink hot or cold.**

**Sweeten to taste with honey.**



**251.            MEXICAN HOT CHOCOLATE MIX**

**1/3 cup light brown sugar  
3/4 teaspoon ground cinnamon  
1-1/2 teaspoons powdered vanilla  
1/4 cup cocoa  
2-1/2 cups powdered milk**

**Combine and blend ingredients in a small bowl. Store in an airtight container decorated with a pretty ribbon.**

**Attach this to the Jar:**

**Mexican Hot Chocolate:**

**3 cups water  
Mexican Hot Chocolate Mix to taste  
cinnamon sticks for garnish**

**Heat the water to boiling and add the Mexican Hot Chocolate Mix. Stir with a whisk until the mixture is smooth. Garnish with cinnamon sticks. For a frothier hot chocolate, mix in a blender.**

**252.            MIAMI MARGARITA (Alcoholic)**

**This is extremely simple and extraordinary on the taste buds!!!**

**6 ounces tequila**

**6 ounces corona light beer**

**6 ounces minute maid frozen limeade concentrate (thawed out some)**

**Ice cube**

**2 teaspoons kosher salt (optional)**

**Pour tequila into bender; add Corona and limeade concentrate Add ice cubes until it is about 2 inches from the top. Blend all together. Put salt on a small plate. Dip top of glasses into water and place rim in salt. Pour margaritas into glasses Cheers!**

**Note: You can add some sliced frozen strawberries into the blender for more of a fruity taste.**

**253.            MINT JULEP PUNCH (Alcoholic)**

**Especially suitable for a Kentucky Derby party, but good any time.  
Preparation time does not include chilling time. Makes 5 1/2 quarts;  
number of servings assumes 5 oz punch cups.**

**1 (10.00 ounces) jar mint jelly  
2 cups water  
1 liter bourbon  
1 (46.00 ounces) can unsweetened pineapple juice  
1/2 cup lime juice  
2 cups water  
Ice cube  
2 (28.00 ounces) bottles 7-Up soda, chilled  
Lime slices (optional)  
Fresh mint leaves (optional)**

**Combine the jelly and 2 cups water in a saucepan and heat, stirring,  
over low heat until the jelly melts. Let cool.  
Add the bourbon, juices and 2 cups water and chill in the refrigerator.  
To serve, pour the juice mixture over ice in a punch bowl.  
Slowly pour in 7-Up, stirring gently. Garnish with lime slices and fresh  
mint leaves, if desired.**

**254.                    MOCHA COFFEE MIX**

**1-1/4 cups instant coffee granules**

**7 cups dry milk powder**

**5-3/4 cups powdered chocolate drink mix**

**1/4 cup confectioners' sugar**

**1-3/4 cups powdered non dairy creamer**

**In a large bowl, mix together instant coffee, milk powder, chocolate drink mix, confectioners' sugar and powdered creamer. Store in an airtight container. To serve, place 4 tablespoons of mixture into a coffee mug. Stir in 1 cup boiling water.**

**255.            MOCHA FREEZE**

**It's better than anything I've had at the well known coffee shops. Be prepared to share this recipe with your friends.**

**1 gallon whole milk  
2 cups sugar  
1/2 cup instant coffee (1 cup for stronger coffee flavor)  
2-3 tablespoons hershey cocoa powder  
1 quart half-and-half  
1 cup Hershey's syrup  
1 tablespoon vanilla  
1 pint French vanilla flavored coffee creamer  
1/4 teaspoon salt**

**Warm 2 cups of milk and stir in sugar, coffee and cocoa until dissolved.  
Combine remaining ingredients.  
Freeze until slushy (approx. 5 hours).**

**256.            MOCHA FUDGE MIX**

**1 (16 oz.) pkg. powdered sugar, sifted**

**1/2 cup cocoa**

**1/4 tsp. salt**

**1 1/2 tsp. instant coffee granules**

**1/8 - 1/4 tsp. ground cinnamon**

**Combine all ingredients; Place in a jar.**

**Directions**

**Place microwave mocha fudge mix in a 2 quart glass bowl; add 1/2 cup butter or margarine. Microwave on High, uncovered, 2 to 3 minutes; stir until smooth. Stir in 1/4 cup milk, 1 teaspoon vanilla extract and 1 cup chopped pecans. Pour mixture into an 8" square baking dish.**

**Refrigerate until firm; cut into squares. Store in refrigerator. Yield: 1-1/2 pounds.**

**257.            MOOSE MILK (alcoholic)**

**Soldiers use to drink this on New Year's day. according to our local news cast, which was serving this at the local Legion Hall.**

**12 eggs (only use the yolks)  
40 ounces good Canadian rye whiskey  
40 ounces dark rum  
5 ounces Kahlua  
10 ounces real canadian maple syrup  
40 ounces milk (homogenized only)  
40 ounces heavy whipping cream (not canned!)  
1 cup sugar  
Nutmeg & cinnamon (garnish)**

**Beat yolks until fluffy and completely mixed. Add the sugar and beat the mixture until thick. Stir in the milk and the liquor. Chill for at least 3 hours (preferably overnight).**

**Whip the cream until good and thick. Don't use canned whipped cream as it will go flat. Fold in whipped cream (it will appear as if it has totally thinned out, don't worry).**

**Chill for another hour. Sprinkle the top with nutmeg and cinnamon to taste (optional).**

**Serve (when serving keep chilled because of the raw eggs. Normally this is not a problem, as Moose Milk disappears quickly).**

**258.            MORNING MOCHA SMOOTHIE**

**1/2 cup fat free milk**

**1 cup (8 ounces) low fat coffee yogurt**

**2 tablespoons chocolate syrup**

**6 ice cubes**

**Place ingredients in smoothie machine or blender in order given. Blend.  
Pour into a tall glass to serve.**



**259.            MOROCCAN LEMONADE**

**8 lemons**

**3/4 cup sugar, or to taste**

**1 teaspoon orange blossom water, or to taste**

**generous 1/4 cup freshly chopped mint**

**water (or seltzer) and ice cubes**

**Squeeze the juice from the lemons and sweeten to taste with the sugar.  
Add the orange blossom water and the mint, and stir or shake well  
together. Pour a little into a tall glass and fill with water or soda and ice.**

**260.            MOROCCAN MINT TEA**

**In Morocco, tea is served very sweet. Decrease the amount of sugar to your liking. Tea is served in glasses.**

**2 tablespoons chinese green tea**

**5 cups boiling water**

**1 bunch fresh mint**

**1 cup sugar, to taste**

**Place tea in a teapot. Pour in boiling water. Cover and steep 2 to 3 minutes. Wash mint under running water and add to pot. Steep for 3 to 5 minutes. Add sugar. Serve in mint tea glasses or small cups.**

**261.            MOUNTAIN BERRY SMOOTHIE**

**Had a carton of Welch's Mountain Berry on hand and I thought of a good way to put it to use, it is very delicious**

**1 cup welch mountain berry juice**

**1 cup vanilla ice cream**

**1/2 cup ice**

**Blend all ingredients with a blender.**

**262.            MUDSLIDE (Alcoholic)**

**A summer party favorite that is easy to make.**

**1 cup ice**

**1 cup chocolate ice cream**

**2 ounces vodka**

**2 ounces Kahlua**

**2 ounces Bailey's Irish Cream**

**Add all ingredients to the container of an electric blender.**

**Cover and blend until drink is smooth. May have to pulse off and on a few times to get mixture to swirl evenly.**

**Note: Coffee ice cream can be substituted for chocolate and it is very good, too.**

**263.            NECTARINE SMOOTHIE**

**2 soft, ripe nectarines**

**1 cup nonfat plain yogurt**

**1 cup low-fat milk**

**Cut the nectarines into chunks and discard the pits. Put into blender with yogurt and milk, and puree until smooth.**

**264.            NIAGARA FALLS CLEANSER (Juicer)**

**1 wedge watermelon**

**1/2 lb. red grapes**

**You may be curious about the name. When you put a sloppy wet piece of watermelon in the juicer it comes out like Niagara Falls.**

**Because watermelon is a great diuretic, your kidneys and bladder will experience a honeymoon of youthful health.**

**265.            OLD FASHIONED LEMONADE**

**2 cups granulated sugar  
2-1/2 cups water  
juice of 6 lemons  
juice of 2 oranges  
grated peel of 1 orange  
1 cup fresh mint leaves**

**In a medium saucepan, combine sugar and water. Bring to a boil; cook over medium high heat 5 minutes. Let cool. Add lemon juice, orange juice and orange peel to syrup. Add mint leaves. Cover and let stand 1 hour. Strain lemon syrup into a jar or pitcher. Store in the refrigerator until ready to use. For each serving, put 1/3 cup lemon syrup in an 8 ounce glass; fill with crushed ice and cold water. Stir or shake. Serve at once. Makes 2 servings.**

**266.            OLIVE GARDEN SANGRIA (Alcoholic)**

**1-1/2 liters red table wine (I used Lambrusco)**

**1 cup grenadine**

**2 cups cranberry juice cocktail**

**1-1/4 cups sweet vermouth**

**1/2 cup sugar**

**1/2 cup water (half sugar, half water)**

**Strawberry, cut into thirds**

**Orange, sliced thin, then quartered**

**Crushed ice**

**This makes a gallon. Mix all the ingredients (I used a plastic ice cream bucket), except for ice.**

**Let sit in refrigerator at least 4-5 hours, if not overnight. Pour sangria into serving glass, fruit and all, then add ice.**



**267.            ORANGE APRICOT NOG**

**A nice refreshing drink to have while waiting for the BBQ to be done. If all ingredients are chilled it can be made in a jiffy. Try picking it up with some rum or gin!!**

**1 orange, peeled and cut into pieces**

**1 (16.00 ounces) can chilled apricot halves, undrained**

**1 egg**

**1/2 cup cold milk**

**1 teaspoon vanilla**

**Blend orange and apricots until smooth. Add egg, milk and vanilla. Blend 1 minute. Serve immediately.**

**268.            ORANGE BLUSH**

**1 6 ounce can orange juice, frozen concentrate, thawed**

**1 cup cranberry juice**

**4 tablespoons sugar**

**16 ounces club soda**

**mint for garnish**

**Combine orange juice concentrate, cranberry juice, and sugar. Chill. Just before serving, stir in club soda. Pour over crushed ice in goblets. 6 servings.**

**269.            ORANGE CAPPUCCINO MIX**

**1/2 cup good quality instant coffee**

**2/3 cup sugar**

**1 cup instant dry milk powder**

**1 to 2 teaspoons dry orange peel**

**1/8 to 1/4 teaspoon nutmeg**

**Measure all of the ingredients into a clean dry bowl. Stir with a whisk or a fork to blend thoroughly. Transfer to a tightly sealed container or a zip lock bag. Store on the pantry shelf. To prepare, combine 2 tablespoons of dry Cafe Cappuccino with enough hot water to fill up a coffee cup.**

**270.            ORANGE CREAM TEA**

**5 orange flavored tea bags**

**1 peppermint tea bag**

**1 cup boiling water**

**1-1/2 cups orange juice**

**2 tablespoons honey**

**1 scoop vanilla ice cream or frozen yogurt**

**Add the tea bags to the boiling water and steep for 5 minutes. Combine tea, orange juice, honey and ice cream in a blender mix until blended. Serve.**

**271.            ORANGE CREAMSICLE PUNCH**

**1/2 gallon vanilla ice cream**

**2 pints orange sherbet**

**1 (6 ounce) can frozen orange juice, thawed and undiluted**

**32 ounces ginger ale**

**16 ounces 7-Up**

**Soften the ice cream and sherbet, blend them together and add the orange juice concentrate. Add the ginger ale and 7-Up and let the mixture set until all is melted (about an hour).**

**272.            ORANGE EGGNOG PUNCH**

**1 quart dairy eggnog**

**1 can (12 ounces) frozen orange juice, thawed**

**1 can (12 ounces) ginger ale, chilled**

**In a pitcher, stir eggnog and orange juice concentrate until well mixed.  
Pour in ginger ale and stir gently.**

**273.            ORANGE JULIUS**

**1 small can concentrated orange juice**

**1 cup milk**

**1 cup water**

**1 teaspoon vanilla**

**1/2 cup sugar**

**1 tray ice cubes**

**Blend all in a blender until smooth. Serve in tall glasses.**

**274.            ORANGE MOCHA CAFE**

**Place all ingredients into a blender or food processor and whirl until finely ground. Store in a n air tight container.**

**1/3 cup instant coffee granules**

**1/2 cup each unsweetened cocoa, and powdered non dairy creamer**

**2 tsp. dried orange peel**

**1 tsp. cinnamon**

**To prepare put 1 tablespoons into 6 ounces of boiling water.**



**275.            ORANGE SNOWBALL**

**1 (6 ounce) can frozen orange juice concentrate**

**1/2 cup milk**

**1/2 cup water**

**1/2 cup sugar**

**1/2 teaspoon vanilla extract**

**14 cubes ice**

**In a blender, combine orange juice concentrate, milk, water, sugar, vanilla and ice. Blend until smooth. Pour into glasses and serve.**

**276.      ORANGE SPICED COFFEE**

**1 cup dried orange rind  
2-1/2 Tbl. ground cinnamon  
2-1/2 Tbl. ground cloves  
1 pound freshly ground coffee**

**Directions:**

**Place all ingredients in a 1 gallon ziplock bag, seal and shake. Spoon into airtight containers or Jar.  
Use like regular ground coffee.**

**277.            ORANGE TANG PUNCH**

**1 large can pineapple juice**

**3 cups sugar**

**3 pints water**

**8 ounces ReaLemon**

**1 cup Tang**

**1 quart 7-Up**

**Mix well in large serving bowl. Serves 30.**

**278.            ORANGE YOGURT SMOOTHIE**

**1 cup orange juice**

**1/2 cup yogurt, plain or vanilla**

**1 banana**

**Combine ingredients in a blender. Blend until smooth. Serve in pretty glasses.**

**279.            ORANGEADE (Juicer)**

**2 oranges, peeled  
1 lemon, peeled  
1/2 cup raw sugar**

**Juice oranges and lemon. Add sugar to juice. Rerun pulp. Add water to make 1 quart. Serve with ice cubes.**

**280.            PAPAYA NECTARINE SMOOTHIE**

**1 cup Crystal Light or any other sugar free lemonade**

**6 ounces fat free peach yogurt, frozen**

**1 nectarine, pitted and unpeeled**

**1 cup papaya, seeded and peeled**

**Put all inA blender and whirl away. Pour in tall glass and enjoy.**

**281.            PAPAYA SHAKE**

**A quick and easy to make drink. Cooling and refreshing for summer.**

**2 cups ripe papayas**

**1-1/2 cups evaporated milk**

**2 scoops vanilla ice cream**

**1 tablespoon sugar**

**Mint leaves, for garnishing**

**Mix all ingredients in a blender. Chill and serve with mint leaves as decoration.**

**282.            PARADISE PUNCH**

**1 (6 ounce) can frozen lemonade concentrate**  
**1 (8 ounce) can crushed pineapple**  
**1 package frozen strawberries, partially thawed**  
**3 quarts ginger ale, chilled**  
**Crushed ice**

**Put lemonade, strawberries and pineapple in blender container and run at high speed until completely smooth. Fruit mixture can be made in advance and stored covered in refrigerator.**  
**Just before serving, combine with ginger ale and pour over ice.**

**Makes 1 gallon or 32 servings.**



**283.            PARADISE SMOOTHIE**

**This drink is refreshing, tasty, and good for you. Serve VERY cold; the colder it is, the better it is.**

**1 (25.00 ounces) container dole tropical fruit**

**8 ounces vanilla yogurt**

**1 mango, cut up**

**2 bananas**

**2 cups ice cubes**

**4 teaspoons Splenda sugar substitute**

**Combine all ingredients in a blender, and process until very smooth, almost to the point of frothy.**

**Give it a little test taste, you may want to add a little more Splenda.**

**You may serve at this point, but it will taste even better if you put it in the fridge or freezer for 30 minutes or so.**

**284.            PEACH APPLE SMOOTHIE**

**2 (8 ounce) cartons low fat peach yogurt**

**1 (6 ounce) can frozen apple juice concentrate**

**1/2 teaspoon almond extract (optional)**

**4 ice cubes**

**Add each of the ingredients in the order listed to a blender. Blend until smooth and creamy. Pour into glasses and serve.**

**Makes 4 (6 ounce) servings.**

**285.            PEACH BLOSSOM SMOOTHIE**

**1/2 cup peaches  
1 cup apple juice  
1 frozen banana**

**Put all in blender and whirl away. Pour in tall glass and enjoy.**

**286.            PEACH COOLER**

**1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage**

**2 canned peach halves**

**1 teaspoon fresh lemon juice**

**2 scoops vanilla ice cream**

**1/4 cup crushed ice**

**In a blender combine lemon-lime soda, peach halves and lemon juice. Blend until smooth and pour into glasses. Serve topped with the vanilla ice-cream and crushed ice.**

**287.            PEACH MELBA SMOOTHIE**

**1 tub Crystal Light Peach Tea Flavor Low Calorie Iced Tea Mix**

**1 quart cold water**

**1 bottle cold raspberry flavored seltzer**

**1 pint raspberry sorbet**

**Place drink mix in large plastic or glass pitcher. Add water; stir to dissolve. Refrigerate. Just before serving, stir in seltzer. Top each serving with a scoop of sorbet. Serve immediately.**

**288.            PEACH-PEAR-APPLE JUICE (Juicer)**

**2 peaches, remove seed**

**1 pear, sliced**

**1 apple, cored and sliced**

**Process through a juicer and serve.**

**289.            PEACH SLUSHIE**

**1 frozen peach, skin removed**

**1 cup ice**

**1/4 cup peach yogurt**

**Process all the ingredients in a blender until the ice has turned to slush.**

**290.            PEACH TEA MIX**

**1 cup instant tea mix**

**1 3 ounce box peach-flavored gelatin**

**2 cups granulated sugar**

**Combine all ingredients in a large bowl; mix well. Store in an airtight container. Give with instructions to serve. For one mug use 2 tsp. tea mix with 8 ounces hot water. Makes about 3-1/2 cups tea mix.**



**291.            PEACHES N' CREAM SMOOTHIE**

**1 cup evaporated milk**

**1 tablespoon sugar**

**1 cup vanilla yogurt**

**2 fresh peaches, washed, pitted and sliced**

**Blend for one minute.**

**292.            PEACHES N' HONEY SMOOTHIE**

**4 ounces non fat milk**

**4 ounces orange juice**

**1/2 cup peaches, frozen if possible, or canned in own juice or fresh**

**1 tablespoon honey**

**2 tablespoons wheat germ**

**Combine all ingredients in a blender and whip.**

**293.            PEACHY APRICOT SMOOTHIE**

**1 (5.5 ounce) can apricot nectar**  
**1 medium ripe banana, frozen and cut into chunks**  
**1 cup (8 ounces) fat-free vanilla yogurt**  
**2 cups sliced fresh or frozen unsweetened peaches**  
**1 tablespoon lemon juice**  
**1 tablespoon honey**  
**1 teaspoon grated lemon peel**  
**6 ice cubes**

**In a blender or food processor, combine all ingredients. Cover and process until smooth. Pour into glasses; serve immediately.**

**294.            PEACHY CHAMPAGNE PUNCH (Alcoholic)**

**1 package frozen peaches  
1 bottle peach brandy  
4 bottles champagne  
4 quarts club soda  
Ice cubes**

**Place frozen peaches in a large punch bowl. Pour in remaining ingredients; mix and serve. Garnish with maraschino cherries. Yields 50 servings.**

**295.            PEANUT BUTTER & JELLY SMOOTHIE**

**2 cups milk  
2 tablespoons blackberry jelly  
2 tablespoons peanut butter  
1 bananas, frozen and chunked  
2 tablespoons honey  
2 teaspoons wheat germ**

**In a blender combine milk, jelly, peanut butter, banana, honey and wheat germ. Blend until smooth**

**296.            PEANUT BUTTER BANANA SHAKE**

**Very tasty!**

**1 cup milk (I use 1 %)**

**1 frozen sliced banana**

**1 teaspoon vanilla (use the real stuff not imitation)**

**1 tablespoon peanut butter**

**Blend the first three ingredients. Add peanut butter when blending.  
Blend until smooth.**

**297.            PEANUT BUTTER SMOOTHIE**

**1 cup vanilla or chocolate ice cream**

**1/4 cup milk**

**2 tablespoons peanut butter**

**In a blender container, blend together ice cream, milk, and peanut butter. Makes 1 or 2 servings.**

**298.         PEARLY-TEETH COCKTAIL (juicer)**

**3 oranges, peeled**

**1/2 cup chopped spinach, packed**

**1/2 cup chopped parsley**

**Juice together in the order given.**



**299.            PEPPERMINT CHRISTMAS PUNCH**

**1 quart eggnog**

**1/2 large bottle club soda**

**1/2 gallon vanilla ice cream**

**Peppermint candy, crushed**

**Stir together. Sprinkle with crushed peppermint candy. Decorate punch bowl with candy canes.**

**300.            PEPPERMINT EGGNOG PUNCH**

**1 quart peppermint ice cream, softened**  
**1 quart commercial dairy eggnog**  
**4 (12 ounce) bottles ginger ale, chilled**  
**Peppermint sticks**

**Combine first 3 ingredients in a punch bowl, stirring until blended.**  
**Serve immediately with a peppermint stick in each cup.**

**301.            PEPPERMINT FLOAT PUNCH**

**1 gallon vanilla ice cream, room temperature**

**Peppermint extract to taste**

**Green food coloring**

**3 to 4 (liter-size) bottles 7-Up**

**Mix ice cream with peppermint extract and green food coloring in a punch bowl. Add peppermint extract one drop at a time, as a little goes a long way. Add 7-Up to ice cream mixture.**

**NOTE: If you need more volume, just add more 7-Up to the punch.**

**302.            PERCOLATOR PUNCH**

**1 quart or 4 cups cider  
2 cups cranberry juice  
1 cup orange juice  
1 cup pineapple juice  
1/4 cup sugar  
1/4 cup cinnamon red hots  
1 teaspoon whole cloves  
1 teaspoon allspice  
3 cinnamon sticks**

**Pour cider, cranberry juice, orange juice and pineapple juice into coffee percolator. Place sugar, cinnamon red hots, whole cloves, allspice and cinnamon sticks in percolator basket. Brew for 15 minutes.**

**303.            PERSIAN LOVE TEA**

**This is thought to be an aphrodisiac.**

**4 cups water**

**2 green cardamom pods, bruised**

**1/2 teaspoon saffron threads, ground**

**1/2 cup rose water**

**2 tablespoons sugar**

**Add spices to a kettle along with the water, rose water and sugar. Stir mixture to dissolve sugar. Bring mixture to a boil, then reduce heat, cover, and simmer for 15 minutes. Remove cardamom pods before serving. Serve with additional sugar, if desired.**

**304.            PINA COLADA FROSTIE**

**1 6 ounce container nonfat coconut yogurt, frozen**

**1/2 banana, frozen**

**1/2 of a 20 ounce can crushed pineapple**

**1 cup nonfat milk**

**Put all in blender and whirl away. Pour in tall glass and enjoy.**

**305.        PINA COLADA SMOOTHIE**

**1 6 oz container nonfat coconut yogurt (frozen)**

**1/2 banana (frozen)**

**1/2 of a 20 oz can crushed pineapple**

**1 cup nonfat milk**

**Place all ingredients into a blender. Blend well until a creamy consistency is reached.**

**306.        PINEAPPLE BERRY CRUSH**

**1 cup orange juice  
1/4 cup pineapple juice  
2 pineapple rings  
6 fresh strawberries  
12 to 15 frozen raspberries  
8 to 10 frozen boysenberries  
12 to 15 frozen blueberries  
3 ounces non fat yogurt, any flavor  
ice**

**Put all in blender and whirl away. Pour in tall glass and enjoy.**



**307.            PINEAPPLE CARROT BLEND (Juicer)**

**1/2 fresh pineapple, peeled**

**2 carrots**

**Juice together in the order given.**

**308.            PINEAPPLE CHAMPAGNE PUNCH (Alcoholic)**

**1 (48 ounce) can chilled pineapple juice**

**6 tablespoons divided lemon juice**

**Ice cubes**

**1 (750 ml) bottle chilled champagne**

**For each serving, measure into a blender, 1 cup pineapple juice, 1 tablespoon lemon juice and 1 cup ice cubes. Whirl until foamy. Pour into glass and add 1/2 cup champagne.**

**309.            PINEAPPLE COLADA SMOOTHIE**

**1/3 cup crushed pineapple, slightly drained**

**1 cup nonfat vanilla frozen yogurt**

**1/2 teaspoon coconut extract**

**Combine all ingredients in blender. Process until smooth. Serve immediately. Makes 1 serving.**

**310.            PINEAPPLE GREEN TEA COOLER**

**1 cup premium green tea  
1 cup banana pineapple nectar  
ice cubes**

**Place one tea bag of Golden Green Tea into an 8 ounce cup. Pour approximately 2 ounces boiling water into cup and steep for 4 to 6 minutes. Remove tea bag and fill cup to top with cold water. Mix with banana pineapple nectar and ice. Makes one 16 ounce serving.**

**311.            PINEAPPLE PIPER (Juicer)**

**1 pineapple**

**1 sweet potato**

**4 oranges**

**This juice is like music to your cells. Let this amazing juice parade down to your belly, to the applause of 9,000 taste buds!**

**312.            PINEAPPLE PLUS DELIGHT (Juicer)**

**2-3 one inch slices fresh pineapple**

**1 red grapefruit - peeled**

**2 oranges - peeled**

**1 apple - cored**

**1 kiwi fruit - optional**

**Preparation time: 10 minutes**

**Yields: 1 Qt.**

**313.         PINEAPPLE SMOOTHIE**

**1 (20 ounce) can unsweetened pineapple chunks**

**1 cup buttermilk**

**2 teaspoons vanilla extract**

**2 teaspoons liquid sweetener**

**Mint leaves (optional)**

**Drain pineapple, reserving 1/2 cup juice. Freeze pineapple chunks. Place juice, buttermilk, vanilla extract, sweetener and frozen pineapple into a blender container. Blend until smooth. Pour into glasses and garnish with mint, if desired.**

**314.            PINEAPPLE STRAWBERRY LEMONADE**

**3 cups fresh lemon juice**

**1 cup sugar**

**1-1/2 cups pineapple juice**

**1 liter seltzer**

**18 strawberries**

**1 small pineapple, peeled, cored, and cut into pieces**

**2 lemons, sliced paper thin**

**1 block ice**

**crushed ice**

**In a punch bowl, combine the lemon juice and sugar with 6 cups of water. Stir until the sugar is dissolved. Add the pineapple juice, seltzer, strawberries, pineapple pieces and lemon slices. Add a large block of ice. To serve, fill each glass 1/3 full of crushed ice. Pour in lemonade, making sure to include a strawberry, a piece of pineapple and a lemon slice. Makes about 1 gallon.**



**315.      PINEAPPLE UPSIDE DOWN CAKE MARTINI (Alcoholic)**

**1-1/2 ounces pineapple juice**  
**1/2 ounce vanilla vodka**  
**1/2 ounce Bailey's Irish Cream**  
**1/2 ounce butterscotch schnapps**  
**Ice cube**  
**Brown sugar, for rim**  
**Grenadine**  
**Maraschino cherry**  
**Pineapple chunk, for garnish**

**Pour pineapple juice and liquors into a shaker with ice.**

**Shake.**

**Wet rim of a martini glass and dip in brown sugar. Strain drink into glass. Drizzle with grenadine syrup.**

**Garnish with cherries and pineapple.**

**316.            PINEAPPLE VANILLA SMOOTHIE**

**This creamy frosty drink is a great way to get your fruit in for the day.**

**1/2 cup fat free milk**

**8 pineapple chunks**

**1/3 cup ice cubes**

**1 packet No Sugar Added French Vanilla Carnation Instant Breakfast**

**1/2 banana**

**1 tablespoon pineapple juice**

**Place milk, pineapple, ice, Carnation Instant Breakfast, banana and pineapple juice in a blender; cover. Blend until smooth. Makes 1 serving.**

**317.            PINEAPPLE-BLUEBERRY-BANANA SHAKE**

**If you want to keep it low fat use skim milk.Or go for it thicker use vanilla ice cream.**

**1 cup pineapple, cubed**

**1/2 cup frozen blueberries**

**1 banana, cut into 1 inch pieces (fresh or frozen)**

**1/2 cup skim milk or vanilla ice cream**

**Put all into a vita mix and blend till smooth and creamy.**

**318.            PINK CADILLAC (Alcoholic)**

**This has a tart flavor with a little kick to it.**

**1 ounce Cuervo Gold tequila**

**2/3 ounce Grand Marnier**

**1 ounce cranberry juice**

**2/3 ounce fresh lime juice**

**Add all the ingredients to a cocktail shaker filled with ice. Shake vigorously. Strain into a cocktail glass.**

**319.            PINK LADY PUNCH**

**4 cups cranberry juice cocktail  
4 cups pineapple-grapefruit drink  
1-1/2 cups granulated sugar  
2 quarts ginger ale**

**Have beverages chilled. Add cranberry juice to sugar. Stir until dissolved. Pour into pineapple-grapefruit drink and then into punch bowl. Add ginger ale and ice mold just before serving.**

**Makes 32 punch cup servings.**

**320.            PINK LEMONADE PUNCH**

**1 (2-pint) bottle cranberry juice cocktail**

**2 (6 ounce) cans frozen lemonade concentrate**

**4 cups cold water**

**1 quart ginger ale**

**Combine all ingredients and serve in a punchbowl.**

**321.            PINK PARADISE PUNCH**

**1/3 cup KOOL-AID Cherry Flavor Sugar Sweetened Soft Drink Mix**

**1/3 cup KOOL-AID Tropical Punch Flavor Sugar Sweetened Soft Drink Mix**

**6 cups cold water**

**1 pint vanilla ice cream, softened**

**1 1 liter bottle chilled carbonated lemon lime beverage**

**Place soft drink mixes in large punch bowl. Add water; stir to dissolve. Add ice cream; stir until melted. Refrigerate. Stir in carbonated beverage just before serving.**

**322.            PISTACHIO BANANA SURPRISE**

**1 container plain nonfat yogurt**

**2 to 3 ounces pistachio instant pudding mix**

**1 ripe banana**

**1/4 cup skim milk**

**handful or more of crushed ice**

**Put all in blender and whirl away. Pour in tall glass and enjoy.**



**323.        PLANET HOLLYWOOD'S BUBBLE GUM SHOOTER**  
**(Alcoholic)**

**Yummy beverage from the Planet Hollywood repertoire of beverages.  
Goes down quick and good!**

**3/4 fluid ounce vodka  
3/4 fluid ounce banana liqueur  
1 dash cranberry juice  
1 dash grenadine**

**Combine all ingredients in a shaker with a handful of ice, and shake well. Strain into a 2 oz shot glass and serve.**

**324.            PLANTER'S PUNCH (Alcoholic)**

**1 teaspoon confectioners' sugar**

**2 teaspoons lime juice**

**2 jiggers Jamaican rum**

**Stir in a tall glass filled with ice, then add 1/2 slice each of lemon and orange, a piece of pineapple, a maraschino cherry and a sprig of mint.**

**325.        POMEGRANATE COSMOPOLITAN (Alcoholic)**

**1 cup vodka**

**3/4 cup pom wonderful pomegranate juice**

**1/2 cup Cointreau liqueur or triple sec**

**1/2 cup fresh lime juice**

**Lime, twist for garnish**

**Pomegranate seeds, for garnish**

**Combine vodka, pom juice, Cointreau & lime juice in a container. In small batches, shake mixture with ice in a cocktail shaker, then strain into chilled cocktail glasses.**

**Garnish with lime twist, and a few fresh pomegranate seeds if desired.**

**326.         PRETTY PARTY PUNCH**

**1/2 gallon raspberry sherbet  
1/2 gallon lime sherbet  
4 (28 ounce) bottles ginger ale, chilled  
1 (28 ounce) bottle soda, chilled  
1 (46 ounce) can pineapple juice, chilled  
1 (6 ounce) bottle maraschino cherries  
Fresh strawberries**

**Mix all ingredients together in a large punch bowl. Stir and serve.  
Yields 2 large punch bowls full.**

**327.            PUMPKIN PIE SMOOTHIE**

**1 (15 ounce) can pure pumpkin, chilled**

**1 (12 ounce) can evaporated milk, chilled**

**1 cup (8 ounce container) vanilla low fat yogurt**

**1/4 cup granulated sugar**

**1/4 teaspoon pumpkin pie spice**

**Whipped cream or Cool Whip**

**Combine all ingredients except whipped topping. Blend well. Top with whipped topping and a pinch of pumpkin pie spice.**

**328.            PUMPKIN SMOOTHIE**

**1-3/4 cups canned pumpkin, canned, chilled**

**12 ounces evaporated skim milk, chilled**

**1-1/2 cups orange juice**

**1/2 cup banana, sliced**

**1/3 cup brown sugar, packed**

**Place all ingredients in a blender and blend well. If desired, serve over ice and sprinkle with cinnamon.**

**329.            PUNCH IN A CLOUD**

**2 quarts sherbet – choose flavor according to the color and flavor desired**

**3 (2 liter) bottles 7-Up**

**Place half of the sherbet into your punch bowl and allow to soften. Add 7-Up gently. Do not stir. Float remaining sherbet in scoops on punch. Serves approximately 50.**

**330.            PURPLE COW SMOOTHIE**

**1/2 cup grape soda**

**2 cups vanilla ice cream**

**10 cubes ice**

**1 teaspoon vanilla extract**

**Milk**

**In a blender, combine grape soda, ice cream, ice cubes and vanilla extract. Blend until smooth. If mixture is too thick, add milk until desired consistency is achieved. Pour into glasses and serve.**



**331.        PURPLE PASSION SMOOTHIE**

**1/2 pint (generous 1 cup) of blueberries**

**3/4 cup of plain low fat yogurt**

**1/4 cup 1 % lowfat milk**

**3/4 teaspoon of vanilla extract**

**Put all ingredients into a blender and blend until smooth.**

**If you would like to add some sweet to this smoothie add 1 tablespoon of honey.**

**332.            PURPLE WEDDING PUNCH**

**2 bottles Red Hawaiian punch**

**2 pitchers Blue Raspberry Kool Aid (made according to directions on envelope)**

**2 pints rainbow sherbet**

**2 liters Sprite**

**Mix everything but the sherbet and then add it right before serving.**

**333.            PURPLESAURUS REX**

**This was MY favorite Kool-aid when my kids were young. I was heartbroken when the flavor was discontinued but got the recipe from the Kool-aid (Kraft) people. My grown-up friends are always surprised that they like this!**

**1 package kool-aid sweetened lemonade drink mix**

**1 package kool-aid unsweetened grape drink mix**

**1 gallon water**

**Mix. Refrigerate.**

**334.            RACE RUNNER (Juicer)**

**1 lemon**

**2 radish**

**1 beet**

**1 slice Spanish onion**

**2 sweet potato**

**1 celery stocks**

**2 Tbs. cider vinegar**

**Make this juice in the morning just before a brisk walk.**

**335.            RACY RED PUNCH**

**2 (46 ounce) cans pineapple grapefruit juice (3 cups reserved for ice ring)**

**1/3 cup red cinnamon candies**

**1/3 cup granulated sugar**

**1 quart ginger ale, chilled**

**Heat 1 cup pineapple grapefruit juice with cinnamon candies and sugar. Stir until dissolved. Combine heated mixture with remaining pineapple grapefruit juice; chill. Add the ginger ale just before serving.**

**NOTE: Pour some pineapple grapefruit juice into a gelatin ring mold and freeze for ice ring.**

**323.         RASPBERRY CHAMPAGNE PUNCH (Alcoholic)**

**2 (10 ounce) packages frozen raspberries in syrup, thawed**

**1/3 cup lemon juice from concentrate**

**1/2 cup granulated sugar**

**1 bottle red rose wine, chilled**

**1 quart raspberry sherbet**

**1 bottle asti spumante or champagne, chilled**

**In blender, purée raspberries. In a large punch bowl combine puréed raspberries, lemon juice, sugar and wine. Stir until sugar dissolves. Just before serving, scoop in sherbet; add Asti Spumante and stir gently.**

**Makes 60 (1/2 cup) servings.**

**337.            RASPBERRY COCONUT CREAM SMOOTHIE**

**1/4 cup coconut milk**

**3/4 cup water**

**2 cups raspberries, frozen**

**2/3 cup sugar**

**Combine all ingredients in blender, breaking raspberries apart if clumped together. Blend until combined.**

**338.            RED ICE (Juicer)**

**1 beet**

**1 sweet potato**

**2 apples**

**1 lemon**

**1 tomato**

**Thin slice of Spanish onion**

**1 garlic clove**

**1/2 can of frozen apple concentrate**

**Crush ice or blend with water till slushy. Add juice and get ready to chill out.**



**323.            RED SATIN PUNCH**

**1 family size bottle cranberry juice**

**1 2 liter bottle 7-Up**

**Fill 2 ice trays with 7-Up and freeze. Mix juice and remaining 7-Up before serving time. Pour over frozen 7-Up cubes. Serves 35.**

**340.            RED SNAPPER (Alcoholic)**

**1-1/2 ounces whiskey**

**1-1/2 ounces Amaretto**

**4 ounces cranberry juice**

**Ice**

**Pour whiskey, amaretto, and cranberry juice over ice and stir.**

**341.        RICH-BLOOD COCKTAIL (Juicer)**

**6 tomatoes**

**1 cup beet leaves, chopped**

**1 slice lemon**

**Juice together in the order given.**

**342.         ROSE- A-RITA (Alcoholic)**

**This is a Strawberry Margarita with a twist. Tequila Rose Liqueur is one of the ingredients. Tequila Rose is Strawberry Flavor Cream Liqueur and Tequila and is pink, creamy and tasty. I have made this drink two different ways. In a blender, which makes the drink foamy because of the 7 up, and in a tall glass.**

**1/4 cup tequila rose strawberry cream liqueur**

**1/2 cup strawberry margarita mix**

**3/4 cup 7-Up soda (or Club Soda)**

**1/8 cup tequila (optional)**

**In a Blender: Place all ingredients in a blender. If you want a stronger drink add the tequila. Blend until well blended (about 15-20 seconds).**

**Pour into a tall glass. The drink will be foamy when made this way.**

**In a glass: Pour the 7up (or Club Soda) into the glass first to prevent the drink from foaming. Add the Tequila Rose and Margarita Mix and mix well. If you want a stronger drink, add the tequila and stir until well mixed.**

**Garnish with a strawberry if you want to. Now sit back and relax and enjoy your drink.**

**343.        ROSY COCKTAIL (Juicer)**

**1/2 pineapple, peeled**

**1/2 slice lemon**

**1/2 cup fresh cranberries**

**3 tablespoons raw sugar**

**Juice together in the order given. Add the sugar to the juice and stir.**

**344.         RUBY RED HOT PUNCH**

**1 cup granulated sugar**

**2 cups water**

**1/2 cup red hots**

**Heat in large saucepan until red hots are melted. Cool mixture. Set aside.**

**Mix together:**

**1 (46 ounce) can pineapple juice**

**1 small can frozen lemonade with 2 cans water to dilute**

**1 (2 liter) ginger ale**

**When ready to serve punch add red hot mixture, pineapple mixture and ginger ale. This makes one large punch bowl. Serve chilled with ice ring or crushed ice.**

**345.            RUBY SMOOTHIE**

**Yield: 2 cups**

**1 cup low-fat strawberry yogurt**

**1/2 cup cranberry juice**

**1 cup hulled and quartered fresh strawberries, frozen**

**1 cup fresh raspberries, frozen**

**Combine the yogurt and cranberry juice in a blender. Add the strawberries and raspberries. Blend until smooth.**

**346.            RUSSIAN TEA**

**2 cups Tang orange drink mix**

**3/4 cup instant tea, without sugar and lemon**

**1 quart size package instant lemonade mix**

**1/2 teaspoon ground cloves**

**1 1/3 cup sugar**

**1 teaspoon cinnamon**

**Mix all ingredients and store in small tins or jars. To serve, use 2 teaspoons in 1 cup of boiling water.**



**347.            SANGRIA PUNCH (Alcoholic)**

**2 oranges, sliced  
2 lemons, sliced  
2 limes, sliced  
2 fifths rose wine, or Burgundy  
1/4 cup granulated sugar  
1/4 cup brandy  
28 ounces club soda, chilled  
1/2 ounce triple sec  
2 dashes Rose's Lime Juice (optional)**

**In a large pitcher, combine sliced fruit, wine, brandy, triple sec, Rose's lime juice, and sugar. Refrigerate overnight.  
Before serving, add chilled club soda and stir gently.**

**348.            SANGRIA**

**1 tub Crystal Light Raspberry Ice Flavor Low Calorie Soft Drink Mix  
4 cups cold diet cranberry juice cocktail  
1 cup cold orange juice  
1 cup cold white grape juice  
2 cups cold club soda  
lemon, lime or orange slices  
ice cubes**

**Place drink mix in large plastic or glass pitcher. Add juices; stir to dissolve. Refrigerate. Just before serving, pour into large punch bowl. Stir in club soda. Garnish with fruit slices. Serve over ice. Serves 8**

**349.            SAPPHIRE SUNDAY MARTINI (Alcoholic)**

**The secret to a suburb martini is to take the gin right out of the freezer, have the glasses iced, and have a jumbo olive stuffed with what you like.**

**3 ounces ice cold bomday blue sapphire gin (Store your gin in the freezer)**

**1/4 ounce martini dry vermouth**

**1 large stuffed olive or pickled onion**

**2 ice cubes**

**Also required: 1 iced large martini glass. Pour your Vermouth & Gin into a cruet and place it in the freezer, do not shake or stir just pour them together, I do this early in the day but your cruet must have a stopper in the top- see picture.**

**When you are ready to serve place 2 ice cubes in the glass and the Olive. Pour in the martini, and enjoy.**

**350.            SHERBET SMOOTHIE**

**2 pints lemon sherbet, softened**

**1-1/2 cups cold milk**

**2 cups frozen fruit, such as peaches, blueberries or raspberries**

**In blender or smoothie machine, combine all ingredients. Blend until smooth. Serve immediately in chilled glasses.**

**Makes 6 to 8 servings.**

**351.            SKIN HEALER (Juicer)**

**Carrots -- 4 Clean and remove top and bottom**

**Asparagus -- 2 spears**

**Iceberg Lettuce -- 1/2 medium**

**Spinach -- 1 handful of leaves**

**Very powerful skin healer, protector, cleanser.**

**352.            SLIMMING COCKTAIL (Juicer)**

**1 cup red cabbage, packed**

**1/2 pineapple, peeled**

**Juice together in the order given. Drink at once.**

**353.            SNOWBALL (Alcoholic)**

**Cold and snowy white; but will bury you like an avalanche if you're not careful.**

**2 cups ice**

**1 cup vanilla ice cream**

**2 ounces Bailey's Irish Cream**

**2 ounces white Creme de Cacao**

**2 ounces vodka**

**Add all the ingredients to the container of an electric blender. Cover and blend on high until mixture is smooth; may have to pulse on and off to get things moving. Divide into two chilled glasses.**

**354.        SONIC'S CHERRY LIME-ADE**

**This make a simple old-fashioned drink, Sonic cherry lime-aid.**

**1 (12.00 ounces) can Sprite**

**3 lime wedges**

**1/4 cup cherry juice (Libby's Juicy Juice best)**

**Fill a 16 oz glass 2/3 full with ice Pour sprite over the ice. Add the juice of 3 lime wedges and drop them into the drink.**

**Add the cherry juice and serve with a straw. Makes 1 16 oz drink.**



**355.            SOUR APPLE MARTINI (Alcoholic)**

**This is a nice variation of the regular martini and yummy too!**

**1 ounce vanilla vodka**

**1 ounce sour Apple Schnapps**

**1 dash prepared sweet-and-sour mix**

**1 slice of thin sour apple (green apple) (optional)**

**1Combine first three ingredients in a shaker filled with ice. Shake and serve in a martini glass.**

**Garnish with a thin slice of green apple.**

**356.            SOUTH PACIFIC FRUIT PUNCH**

**1 large can orange juice  
1 large can apricot nectar  
1 large can pineapple juice  
1 quart ginger ale  
1 cup fresh strawberries  
1 quart orange sherbet, softened in refrigerator**

**Chill all juices and ginger ale. Combine juices and ginger ale in punch bowl. Add sherbet, strawberries, and ice. Garnish individual servings with pineapple spears and small umbrellas.**

**357.            SOUTHERN BERRY CIDER SLUSHIE**

**1 pound fresh blackberries or raspberries  
2 cups apple cider vinegar  
2 cups sugar  
ice water  
crushed ice**

**Place berries in a non metal bowl; add vinegar. Cover tightly with plastic wrap; set aside to macerate 3 days. Then strain mixture through a fine strainer into a medium saucepan, pressing down on berries to extract all the liquid. discard pulp. Stir in sugar; boil 2 to 3 minutes, then remove from heat and cool. Store in a jar with a tight fitting lid. To prepare each serving, combine 1/4 cup berry concentrate with 1 cup ice water; pour over ice in tall glasses and serve. Makes about 3 cups of concentrate, enough for 12 servings.**

**358.            SOUTHERN LEMONADE**

**A thirst quenching drink that contains more than lemons. very refreshing on a hot summer day**

**5 lemons**

**5 limes**

**5 oranges**

**3 quarts water**

**1-1/2-2 cups sugar**

**Squeeze the juice from 4 of each of the fruits; pour into a gallon container. Thinly slice the remaing fruit and set aside for garnish. Add water and sugar to jucies; mix well. Store in the refrigerator. Serve on ice with fruit slices.**

**359.            SOY FRUIT SMOOTHIE**

**If you're looking to get more soy in your diet, this delicious smoothie is a great way.**

**1 (6.00 ounces) container of o'soy soy yogurt (or any yogurt made with soy milk)**

**1/2 cup frozen blueberries**

**1/2 cup of cooked carrots**

**1/2 bananas**

**1 dash orange juice**

**1 tablespoon flax seed**

**Put all these ingredients in a food processor or blender and mix'em up. The result is a thick delicious smoothie that packs a real nutritional punch.**

**360.            SPARKLING ORANGE ICED COFFEE**

**3 cups strong black coffee, chilled**

**1/2 cup orange juice**

**1-1/2 cups club soda**

**orange slices**

**Add orange juice to chilled coffee. Fill 6 tall glasses with ice and add 1/4 cup of club soda into each glass. Fill the remainder of each glass with coffee mixture. Garnish with an orange slice. Serves 6.**

**361.            SPARKLING PINEAPPLE LEMONADE**

**Lightly fizzy with lots of flavour. I refrigerate it in a 2 litre (1/2 gallon) pop bottle - keeps the fizz in it. This would be great in a punch bowl, too. Just add the ginger-ale when serving.**

**1/2 cup sugar  
3 cups pineapple juice  
1/2 cup lemon juice  
1 liter ginger ale**

**Stir together sugar and the juices until the sugar is dissolved. Put in the pop bottle. (I use a funnel).**

**Slowly pour in the ginger-ale. Screw on the cover and LIGHTLY shake bottle to blend everything. Keep refrigerated, or serve on ice.**

**362.            SPARKLING TROPICAL FRUIT JUICE (Juicer)**

**1/2 mango, peeled and sliced  
1 orange, peeled and sectioned  
1 kiwi, peeled  
sparkling mineral water**

**Process the fruit in a juicer. Pour the juice in a large glass and fill to the top with sparkling water and serve.**



**363.            SPICED CIDER**

**2 quarts apple cider  
1 teaspoon whole cloves  
1 teaspoon allspice  
3 sticks cinnamon  
Unpeeled lemon -- thinly sliced  
Sugar**

**Simmer all ingredients together. Serve hot. Remove all spices and refrigerate any leftovers. Delicious reheated. Give a basket, lined with artificial spruce cuttings, and the ingredients for making this cider, along with two Christmas mugs.**

**Tie a big bow around the cinnamon sticks and tie them to the handle, put a piece of ribbon through a copy of this recipe and tie it to the handle. An orange pomander ball and a couple wooden apples could also be added. If this gift is going to someone extra special, use napkins, placemats or both to replace all or part of the spruce cuttings. Your friends will remember you all year, each time they use them!**

**364.            SPICED PEACH DELIGHT**

**1 cup frozen peach slices, thawed**

**1/2 cup lemon flavored sparkling mineral water**

**1/4 teaspoon ground ginger**

**8 ounces lemon yogurt**

**ground nutmeg or cinnamon**

**Combine first 3 ingredients in container of an electric blender or processor; top with cover and process until smooth. Pour mixture into a small pitcher.**

**365.            SPICED TEA**

**1/2 cup sugar**

**1 cup water**

**1 stick cinnamon**

**6 whole cloves**

**3 cardamom pods, optional**

**2 tablespoons tea leaves**

**4 cups boiling water**

**juice of 1 large lemon and 2 oranges**

**ice cubes**

**iced water or soda water to taste**

**orange and lemon slices to decorate**

**Boil the sugar, water and spices for 5 minutes, then remove from heat. Put the tea in a large pot and pour the boiling water over, leave for 5 minutes. Strain into large bowl, add the strained syrup and leave to cool. Stir in the strained lemon and orange juice, then add ice cubes and dilute with iced water or club soda to taste. Decorate with slices of orange or lemon. Serves 8 to 10.**

**366.        SPRINGTIME COCKTAIL (Juicer)**

**2 oranges, peeled**

**1/2 lemon, peeled**

**2 carrots**

**Juice together in the order given.**

**356.            STRAWBERRY BANANA PUNCH**

**This punch is a winner at any shower or party. It taste good and it,s appealing to the eyes.**

**5 bananas  
2 cans frozen lemonade  
2 liters pineapple juice  
2 liters 7-Up soda  
strawberry, to float**

**Beat in blender 5 bananas and some of the juice. Add remaining juice and lemonade. Set in freezer in your punch bowl till crystals form. Pour in the 2 liters of 7 up and top with strawberries just before serving.**

**356.            STRAWBERRY BANANA SMOOTHIE**

**1/2 cup frozen blueberries**

**1 cup frozen strawberries**

**1 frozen banana (peel banana before freezing)**

**1 1/2 cups milk**

**1/2 cup frozen vanilla, strawberry or blueberry yogurt**

**Whirl all ingredients together in a blender until smooth. Serve immediately.**

**369.            STRAWBERRY CHAMPAGNE PUNCH (Alcoholic)**

**2 packages frozen strawberries  
1 quart vanilla ice cream  
1 pint orange sherbet  
1 (46 ounce) can pineapple juice  
2 liters ginger ale  
1 bottle pink champagne**

**Place frozen strawberries on the bottom of the punch bowl. Add remaining ingredients (except champagne) to the punch bowl. Just before serving, open the champagne. Pour in and stir thoroughly.**

**370.            STRAWBERRY CHEESECAKE PUNCH**

**2 (10 ounce) packages frozen sweetened strawberries, thawed**

**8 ounces light cream cheese (Neufchâtel), softened**

**1/2 cup cream of coconut**

**2 cups reduced-fat milk**

**1 quart reduced-fat vanilla ice cream**

**Strawberry slices (optional)**

**In a blender container, combine strawberries, cream cheese, and cream of coconut. Cover and blend until smooth. Pour into a punch bowl. Stir in milk. Spoon small scoops of ice cream into punch. If desired, garnish each serving with strawberry slices.**

**Makes 16 (6 ounce) servings.**



**371.            STRAWBERRY CREAM SMOOTHIE**

**1 cup fresh or frozen strawberries**

**1 cup milk**

**1/2 cup vanilla yogurt**

**4 ice cubes**

**Put all the ingredients in blender and blend until smooth. Pour into glasses and serve immediately.**

**372.         STRAWBERRY DAIQUIRI (Alcoholic)**

**Easy but So Good....**

**8 ounces frozen strawberries**

**1 envelope koolaid unsweetened strawberry drink mix (or any of choice)**

**1 cup sugar**

**1/4 cup triple sec**

**1 cup rum**

**1/2 cup water**

**Ice**

**Fill blender with frozen strawberries. Add Koolaid pouch. Add sugar.**

**Add Triple Sec. Add Rum. Add Water.**

**Fill blender with ice cubes, but not too full that it might spill over. Blend until slushy and serve.**

**373.            STRAWBERRY ICE CREAM SODA**

**A wonderful summertime treat made with sweet, ripe strawberries.**

**1/4 cup crushed strawberries sugar**

**1/4 cup light cream**

**1/4-1/2 cup chilled club soda**

**1/2-3/4 cup vanilla ice cream (1 large scoop)**

**Sweeten crushed strawberries to taste with sugar (I place strawberries with sugar in blender or processor & pulse a couple of times). Place puree in tall glass; stir in cream and club soda. Add a scoop of vanilla ice cream.**

**If desired, garnish with fan cut whole strawberry or sprig of fresh mint.**

**I have used turbinado sugar for a different taste; also can use half & half in place of cream for a thinner, less rich soda.**

**Other berries would work well.**

**374.            STRAWBERRY ICED TEA**

**I got this recipe from the back of a frozen strawberry package. It's really good on hot days! The tea is sweet already from the strawberries, so if you'd like you can cut back on the sugar a bit. Enjoy!**

**2 cups whole frozen strawberries**

**32 fluid ounces cold tea**

**1/4-1/2 cup white sugar (depending on how sweet you want the tea)**

**1/4 cup fresh squeezed lemon juice**

**Take 5 strawberries out of the bag and set aside. With the remaining berries, blend in a blender or food processor until smooth. Strain the pureed berries, discard seeds.**

**Mix together pureed strawberries, tea, lemon juice, and desired amount of sugar. Chill until ready to serve.**

**Serve with ice and reserved berries as garnishes.**

**375.            STRAWBERRY LEMON YOGURT SMOOTHIE**

**1 cup nonfat vanilla yogurt**

**1/2 cup orange juice**

**1-1/2 cup strawberries**

**1/2 cup crushed ice**

**1 tablespoon lemon juice**

**1/2 teaspoon lemon zest**

**Combine all in blender until smooth. Serves 1.**

**376.            STRAWBERRY LEMONADE PUNCH**

- 1 (6-ounce) can frozen lemonade concentrate, thawed and undiluted**
- 1 (6-ounce) can frozen limeade concentrate, thawed and undiluted**
- 1 (6-ounce) can frozen orange juice concentrate, thawed and undiluted**
- 2 (10-ounce) packages frozen sliced strawberries, thawed**
- 3 cups cold water**
- 1 (2 liter) bottle ginger ale, chilled**

**Combine the first 5 ingredients; add the ginger ale and stir gently. Serve immediately.**

**Makes 1 gallon.**

**Note: Float a frozen ring of prepared lemonade with whole strawberries in the punch bowl, if desired.**

**377.            STRAWBERRY LEMONADE**

**3 cups cold water  
1 quart fresh strawberries  
3/4 cup sugar  
3/4 cup lemon juice  
2 cups cold club soda  
lemon slices, optional**

**Place water, strawberries and sugar in a blender; cover and blend until smooth. Stir in lemon juice. Blend in soda; serve immediately, garnished with lemon if desired. 8 servings**

**Strawberry Smoothie**

**1 quart fresh strawberries  
1 quart vanilla frozen yogurt  
6 ice cubes  
1/2 gallon raspberry ginger ale**

**Blend berries, yogurt and ice cubes in blender. Pour into container and add equal amount of Raspberry ginger ale and serve.**

**378.            STRAWBERRY PUNCH**

**A nice punch to serve anytime. Both kids and adults can enjoy it.**

**2 cans frozen punch**

**1 small can frozen orange juice (1/2 size of the punch)**

**3 cups water**

**2 liters 7-Up OR Sprite**

**1 bag frozen strawberries**

**Ice**

**Mix first 4 ingredients together. This can be done ahead of time. Add strawberries and ice just before serving.**



**379.            STRAWBERRY RHUBARB LEMONADE**

**I got this in my email, and tried it today. I prefer mine a bit tart, so feel free to add the 3/4 cup sugar that was in the original recipe.**

**3-1/2 cups water**

**1/2 lb rhubarb, trimmed and cut into 1 inch pieces (about 2 cups)**

**3/4 cup sugar, to taste**

**2 slices lemon, zest of, 3 inches each, removed with a vegetable peeler, plus additional for garnish**

**1/2 teaspoon vanilla**

**2 cups sliced strawberries**

**1 cup fresh lemon juice**

**In a saucepan stir together the water, the rhubarb, the sugar, 2 strips of the zest and the vanilla, bring the mixture to a boil, stirring until the sugar is dissolved and simmer it, covered, for 8 minutes Stir in 1 cup of the strawberries and boil the mixture, covered, for 2 minutes.**

**Let the mixture cool and strain it through a coarse sieve set over a pitcher, pressing hard on the solids.**

**Stir in the remaining 1 cup strawberries and the lemon juice, divide the lemonade among stemmed glasses filled with ice cubes and garnish each glass with some of the additional zest.**

**380.            STRAWBERRY SODA FIZZ**

**1 (10 ounce) package frozen strawberries**

**6 ounces frozen pineapple-orange concentrate**

**1 (2 litre) bottle ginger ale or lemon-lime soda**

**Mix strawberries and pineapple-orange concentrate in blender; add ginger ale.**

**381.            STRAWBERRY SUNRISE SMOOTHIE**

**8 ounce carton vanilla yogurt**

**1/2 cup frozen strawberries**

**1/4 cup apple juice**

**1 frozen banana, chopped**

**Place all ingredients in a blender; cover and blend. Serves 2.**

**382.            STRAWBERRY WATERMELON SMOOTHIE**

**4 servings**

**6 cups 1/2-inch cubes seeded watermelon, divided**

**1 pint strawberry sorbet, divided**

**Fresh strawberries**

**Watermelon chunks (with rind)**

**Combine 3 cups watermelon and half of the sorbet in blender or smoothie maker. Blend until smooth. Transfer mixture to a pitcher.**

**Repeat with remaining watermelon and sorbet.**

**Divide smoothie among 4 glasses. Garnish with strawberries and watermelon chunks. Serve immediately.**

**383.            STRESS BUSTER (Juicer)**

**Apples -- 2 Whole**

**Kiwi Fruit -- 2 Unpeeled**

**Pears -- 2 Unpeeled**

**Celery -- 1 Stick with Leaves**

**The combined benefits of this recipe make it a real stress buster.**

**384.            SUGAR FREE CHERRY TEA MIX**

**We all know people who are diabetic or simply need to cut down on their sugar intake. This is a great gift, combined with some pumpkin or zucchini bread in a nice basket!**

**Ingredients:**

**1 package unsweetened cherry-flavored soft drink mix**

**1-1/4 cups sugar-free instant tea mix (artificially sweetened)**

**combine items in a small bowl until well blended. Store in an airtight container. To serve, stir 2 teaspoons tea mix into 8 ounces hot or cold water. Makes 1 1/4 cups tea mix.**

**385.            SUGAR FREE MOCHA MIX**

**2 cups nonfat dry milk powder**

**1/2 cup lower-fat powdered nondairy creamer**

**1/3 cup unsweetened cocoa powder**

**10 packets equal sweetener or 1 tablespoon equal for recipes**

**3/4 teaspoon ground cinnamon**

**1/4 instant coffee crystals**

**Mix ingredients together and add to jar. For each serving in a heat proof mug add 3/4 cup boiling water to 1/3 cup cocoa mix; stir to dissolve.**

**386.            SUMMER BLISS (Juicer)**

**5 ounces mango flesh  
12 ounces strawberries  
3-1/2 ounces bananas**

**Cut the mango to fit the juicer. Wash and hull the strawberries. Push the mango and strawberries through the juicer using the safety plunger. Peel and chop the banana. Blend the banana and juice to a creamy consistency.**



**387.      SUMMER COOLER SMOOTHIE**

**1 banana**

**1-1/2 cups Dannon Vanilla Yogurt or substitute with fat free**

**3/4 cup frozen peaches**

**1 whole frozen strawberry container**

**1 tablespoon orange juice concentrate**

**Place all ingredients in blender, add ice to fill blender and blend.**

**388.            SUMMER FROSTY WATERMELON COOLER**

**The kids and I love this one in the summertime. If you always keep some bannanas frozen in a freezer bag you can put this together in no time. Healthy and tasty.**

**2 frozen bananas**

**2 cups seeded watermelons**

**1 cup apple juice**

**In a blender pour the apple juice and add the frozen bannanas. Add the chunks of watermelon. Blend on high until the consistency of a drink.**

**389.         SUMMER PARTY PUNCH**

**1 large can pineapple juice  
1 large can orange juice  
1 large can apple juice  
2 quarts ginger ale  
2 quarts pineapple sherbet  
1 package lime Kool-Aid; make as directed on package**

**Mix all juices and Kool-Aid. If needed, add sugar. Chill overnight. Pour mixture into punch bowl. Scoop sherbet into bowl. Add ginger ale and serve. Serves 32.**

**390.            SUMMER SANGRIA (Alcoholic)**

**1/2 cup white sugar  
1/2 cup triple sec (or other orange liqueur)  
1/2 cup brandy  
2 (750.00 ml) bottles dry white or Red wine  
1 (750.00 ml) bottle club soda, chilled  
1 cup honeydew melon, balls, or chunks  
1 cup cantaloupe balls, or chunks  
1/2 cup lemon slices, thinly sliced  
1/2 cup lime slices, thinly sliced  
1/2 cup orange slices, thinly sliced  
1 cup strawberry, whole (no leaves)  
15 ice cubes**

**In a large chilled pitcher, combine the sugar, orange liqueur, brandy and wine. Cover and refrigerate for 2-1/2 hours.  
When ready to serve slowly stir in club soda to taste. Add all the fruit and ice cubes and ENJOY.**

**391.            SUNRISE BREAKFAST DRINK**

**Sleepyheads will savor this dreamy smoothie. What a great fresh start to the day.**

**2 cups vanilla yogurt**

**2 cups peach yogurt**

**1/2 cup frozen orange juice concentrate**

**1/2 cup milk**

**2 cups ice cubes**

**In a blender or food processor, combine the first four ingredients; cover and process until smooth Add ice cubes; cover and process until smooth Pour into glasses; serve immediately.**

**392.            SUNRISE SHAKE**

**4 different fruits make this tropical shake thick**

**1-1/2 cups orange juice**

**1/2 cup frozen unsweetened raspberries**

**2 tablespoons toasted wheat germ**

**1 (16.00 ounces) can apricot halves in light syrup, drained**

**1 large ripe banana, peeled**

**Combine all ingredients in a blender, process until smooth.**

**393.            SUNSET COCKTAIL (Juicer)**

**2 apples, cored  
1 medium beet  
1 orange, peeled  
3 carrots**

**Juice together in the order given.**

**394.            SUPER ANTI-OXIDANT JUICE (Juicer)**

**3-4 carrots**

**1/2 bunch kale**

**1/2 bunch collard greens**

**Watercress**

**1 or 2 celery sticks**

**1/2 to 1 apple**

**1/2 red pepper**

**1/2 green pepper**

**This juice is very green but powerful in nutrition and anti-oxidants. I have been drinking it for years. Makes me feel great! Just love it!**



**395.            SUPER DUPER SPICY TOMATO (Juicer)**

**3 ripe tomatoes**

**1/2 green or red pepper**

**1 celery stock**

**1 apple**

**1 tbs. good tasting yeast**

**1/2 tsp. onion powder**

**1/2 tsp. garlic powder**

**1 tsp. Worcestershire**

**pinch of freshly ground black pepper**

**3 drops Louisiana Hot Sauce (optional for the real man)**

**Do you enjoy bungee jumping? How about sky diving? If you have an adventurous personality, then this is the perfect juice for you.**

**396.            SUPER PARTY PUNCH**

**4 ripe bananas, puréed**

**1 small can frozen orange juice**

**1 small can frozen lemonade**

**1 large can pineapple juice**

**1 cup granulated sugar**

**1 small box red gelatin, mixed with 1 cup boiling water**

**2-1/2 cups water**

**Blend all the ingredients. Freeze in small containers.**

**To serve, partially defrost containers and put into a large punch bowl.**

**Add 1 large bottle of 7-Up or ginger ale. Serve at once.**

**397.            TANGY TROPICAL SMOOTHIE**

**1 cup sparkling water**

**1/2 cup frozen pineapples (1/2" cubes)**

**1/2 cup mango sorbet**

**1/2 cup orange sorbet**

**1 cup raspberry sorbet**

**In a blende, combine all ingredients; blend until smooth. Serve immediately.**

**398.            TASTE OF THE ISLANDS**

**1 tub Crystal Light Tropical Passsions Strawberry Kiwi or Strawberry  
Orange Banana Flavor Low Calorie Soft Drink Mix**

**1-1/2 cups cold water**

**1/2 cup chilled orange juice**

**1 tablespoons fresh lime juice**

**4 cups crushed ice**

**Place drink mix, water, orange juice and lime juice in a blender  
container; cover. Blend on high speed until drink mix is dissolved. Add  
ice; blend until smooth. Serves 6.**

**399.            TEABERRY SANGRIA**

**2 cups water**

**3/4 cup sugar**

**1 orange, sliced**

**1 lemon, sliced**

**1 lime, sliced**

**4 regular tea bags**

**2 cups red wine**

**1 10 ounce package frozen strawberries, thawed, pureed**

**2 cups lemon lime soda**

**Combine water and sugar in a saucepan; bring to a boil, stirring to dissolve sugar. Add fruit slices; boil 1 minute. Remove from heat; add tea bags. Cover and let stand 5 minutes. Remove tea bags; cool. Combine tea mixture, wine, and strawberries in a pitcher; chill. Add lemon-lime beverage, and gently stir. Serve immediately. Makes 2 quarts.**

**400.            TEXAS PUNCH**

**7 tea bags**

**7 packets Sweet n Low**

**4 to 5 mint leaves**

**1 6 ounce can orange juice**

**1 package Crystal Light lemonade**

**Steep tea bags and mint. Take out mint and squeeze bags into liquid.  
Add other ingredients. Pour in a gallon jug and add water to fill.**

**401.            THAI SPICED ICE TEA**

**In a blender combine:**

**8 to 12 ice cubes**

**16 ounce double strength Chai Tea cooled**

**1 ounce half and half**

**4 ounces milk**

**2 ounces Torani Orgeat, almond Syrup**

**2 ounces Torani Coconut Syrup**

**1 ounce Torani Passionfruit Syrup**

**Blend in bursts on high till all the ice is chopped fine and the mix is even. Pour into tall glasses and garnish each with a cinnamon stick. To make double strength tea simply use double the amount of loose tea you normally would use to make two 8 ounce cups of tea; roughly 4 generous teaspoons of tea. Do not let the tea steep for longer than 4 minutes and do not press the leaves to get the remaining liquid out, this is the way to introduce bitterness to your tea**

**402.        THE BRAIN STIMULATOR (Juicer)**

**1 orange  
1 hard pear  
1 yam  
1 grapefruit  
1 apple**

**Scientists have determined that we use only 10 percent of the brain.  
Here is a juice to stimulate all of that unused percentage back into  
activity. No more morning brain fog.**



**403.        THE PAIN REMOVER (Juicer)**

**1 lemon**

**1 orange**

**3 hard pears**

**3 apples**

**Not only does this juice taste delightful, it assists in the healing process of bruises, aches and pains.**

**404.            TOFU BERRY SMOOTHIE**

**1 cup light fat free vanilla yogurt**

**1 cup skim milk**

**1 banana**

**3 inch cube of soft tofu**

**3/4 cup blueberries**

**1 cup strawberries**

**Put yogurt, milk, banana and tofu into blender and blend until smooth.  
Add berries and blend again until smoothie consistency is reached.**

**405.        TOFU FRUIT SMOOTHIE**

**Don't know if you're "into" soy, but...here's a recipe I do "countless" variations on, especially during the summer months. If you use a FROZEN banana (peeled and cut into large chunks before freezing) the Smoothie consistency will be pleasingly like a shake! (I found this recipe on Nasoya's website, my only change is that I actually use less tofu - I've adjusted the recipe below accordingly.)**

**1/4 (12.3 ounce) package Silken Tofu  
1/2 medium ripe banana  
1/2 cup orange juice  
1/4 cup honey  
3/4 cup fresh or frozen strawberries or fruit of choice  
1 cup ice**

**Blend together tofu, banana, orange juice, honey, and fruit until smooth. Add ice, then continue to blend until creamy. Serve immediately. Makes 4 servings.**

**VARIATIONS: Sometimes instead of tofu I use about 1/2 cup of soy milk or soy yogurt.**

**406.     TOMATO GARLIC DRINK (juicer)**

**2 tomatoes**

**2 apples**

**1 clove garlic**

**1 sprig parsley**

**Juice everything.**

**407.      TOMATO JUICE COCKTAIL (Juicer)**

**6 tomatoes**

**1 cup beet leaves, chopped**

**1 slice lemon**

**Juice everything in the order given.**

**408.            TOMATO SUNRISE**

**A tangy, eye-opening drink. Good way to get your Vitamin C.**

**1 (46.00 ounces) can chilled tomato juice  
2 cups fresh squeezed orange juice, chilled  
1/2 cup fresh squeezed lime juice, chilled  
1 teaspoon ground allspice  
1 teaspoon ground cumin  
1/2 teaspoon Tabasco sauce (optional)  
Salt and pepper (to taste)  
Lime slices (garnish)**

**In a big pitcher, add the first 6 ingredients; stir to combine. Taste and add salt and pepper if desired. Pour into tall ice-filled glasses. Garnish with a lime slice.**

**409.        TONY ROMA'S CHOCOLATE MARTINI (Alcoholic)**

**2 ounces vanilla vodka**

**2 ounces Amaretto**

**2 ounces Bailey's Irish Cream**

**2 ounces Kahlua**

**2 ounces chocolate syrup**

**Mix together and chill. Enjoy.**

**410.            TOUCHDOWN PUNCH**

**1 envelope KOOL-AID Cherry Flavor Unsweetened Soft Drink Mix**  
**1 envelope KOOL-AID Orange Flavor Unsweetened Soft Drink Mix**  
**1 envelope KOOL-AID Tropical Punch Flavor Unsweetened Soft Drink Mix**  
**2-3/4 cups sugar**  
**4 quarts cold water**  
**ice cubes**

**Place soft drink mixes and sugar in a large punch bowl. Add water; stir to dissolve. Serve over ice cubes.**



**411.            TROPICAL BLUE MARTINI (Alcoholic)**

**2 ounces of frozen orange-infused vodka**

**4 ounces fresh pineapple juice**

**1 ounce blue curacao**

**2 fresh pineapple chunks**

**Shake all ingredients with ice.**

**Strain and serve in 2 chilled martini glasses straight up and garnish with a pineapple wedge.**

**412.            TROPICAL BLUSH (juicer)**

**1/2 ounce apricots**

**9 ounces nectarines**

**7 ounces oranges**

**3-1/2 ounces banana**

**Wash the apricots and nectarines, remove the stones and cut to fit the juicer. Peel the oranges, leaving half the white pith, and cut to fit the juicer. Push the apricots, nectarine and orange through the juicer using the safety plunger. Peel and chop the banana. Blend the banana and juice to a creamy consistency.**

**413.        TROPICAL FRUIT FLOAT**

**Prepare 1 tub of your favorite flavor of CRYSTAL LIGHT Soft Drink Mix as directed on the package. Scoop lime flavored sorbet into a tall glass. Pour drink over sorbet and enjoy.**

**414.            TROPICAL SMOOTHIE**

**1 (15 ounce) can cream of coconut**  
**1 medium banana**  
**1 (8 ounce) can crushed pineapple, in juice**  
**1 cup orange juice**  
**1 tablespoon bottled lemon juice**  
**2 cups ice cubes**

**In a blender, combine all ingredients except ice. Blend well. Gradually add ice; blend until smooth. Serve immediately.**

**415.        TROPICAL KISSED SMOOTHIE**

**Servings: 3**

**1/2 cup sliced banana**

**1/2 cup mango, papaya or guava, chopped**

**2 cups milk**

**1 tablespoon honey**

**Add all ingredients to a blender container; cover and process on high speed until smooth. Strain if using mango.**

**416.        TROPICAL SMOOTHIE DELIGHT**

**8 ounces plain yogurt**

**1 banana, peeled and chilled (freezer)**

**1/3 cup orange juice**

**1/3 cup pineapple-orange juice**

**1/3 cup fiesta mango-lime juice (Dole)**

**1 cup cantaloupe, diced**

**3 small ice cubes**

**Place a cup of yogurt in a blender or smoothie maker. Add a chilled sliced banana. Add all the juices. Add a cup of diced cantaloupes. Add several ice cubes.**

**417.        TROPICAL CINNAMON SMOOTHIE**

**1 cup low fat strawberry yogurt  
1 can crushed pineapple, drained  
1 small orange, peeled, seeded, chopped  
1 cup ice cubes  
1 teaspoon cinnamon  
2 strawberries**

**In blender combine yogurt, crushed pineapple, oranges and ice at high speed and blend for 1 minute. Pour mixture into 2 (16 ounce) glasses. Sprinkle top of drink with cinnamon; garnish with strawberries. Serve immediately.**

**418.            TUTTI-FRUITY TOFU SMOOTHIE**

**If you would like to add some soy protein to your diet, this is a great smoothie--a really good way to get two serving of protein at one time. I am not vegetarian, just trying to eat healthy, so I use powdered milk and water, but you could substitute soy milk. I used firm tofu and it still turned out very smooth. It's a very versatile snack or meal-on-the-go.**

**4 ounces peaches or pears or pineapples or fruit cocktail or frozen bananas or strawberries or cranberry sauce or applesauce  
3 ounces silken tofu or firm tofu, drained.  
3 tablespoons dry milk, plus  
4 ounces water (OR 4 ounces of soymilk)  
3 tablespoons sugar or other artificial sweetener (or to taste, depending on fruit, I use Splenda)  
2 ice cubes, can be added and use 1 less ounce of water to make it slushy (optional)**

**Dump all ingredients in blender. Do not thaw fruit.  
Use pulse feature of blender until fruit is crushed and smooth. Use liquify feature of blender for about 2 minutes to liquify and aerate the smoothie. Pour in a pretty glass and enjoy your delicious protein.**



**419.            V-6 VEGETABLE JUICE (Juicer)**

**1 cup cilantro**

**1/3 cucumber**

**2 medium tomatoes**

**1/3 bell pepper**

**2 medium stalks celery**

**6 medium carrots**

**Cut all ingredients so that they easily fit into the juice extractor. Process all ingredients into juice extractor in the order given. Stir and enjoy.**

**420.        VANILLA ALMOND COFFEE**

**1 (1 ounce) bottle pure vanilla extract**

**1 (1 ounce) bottle pure almond extract**

**1 pound ground coffee, regular or decaffeinated**

**Add extracts to coffee. Shake to blend thoroughly. Put into an attractive glass canister with a tight-fitting lid.**

**421.            VANILLA COCOA**

**3 cups powdered dry milk**

**2 tsp. vanilla powder (This is a product used in place of vanilla extract.**

**It is available in most gourmet food  
store, or bakers' supply shops).**

**2 tsp. grated orange zest**

**2 cups white chocolate chips**

**Whir all ingredients in blender only until finely ground! Do it in two  
batches, and don't over grind or it will clump up in the blender. Use 3  
heaping tablespoons per mug of hot water. This is particularly  
satisfying with a cinnamon stick as a stirrer.**

**422.            VANILLA MILK**

**Want to know how to get kids to drink milk?**

**8 ounces milk**

**1 teaspoon vanilla, not imitation**

**1 tablespoon sugar or 1 packet Splenda sugar substitute**

**Pour milk into a cup or glass. Add vanilla and sugar. Stir well, add straw, enjoy!**

**423.        VELVET KAHLUA FROSTY (Alcoholic)**

**This is easy and it's absolutely delicious! It's a terrific beverage to serve at your next holiday party. Recipe is from Ultimate Southern Living.**

**1 cup Kahlua**

**1 cup half-and-half**

**1 pint vanilla ice cream**

**1/8 teaspoon almond extract**

**Ice cube**

**Process all ingredients except ice cubes, in a blender until smooth. Add ice until the liquid reaches the 5-cup mark on the blender container; process until smooth and serve immediately.**

**424.            VERMONT WINTER MAPLE COFFEE**

**1 cup half-and-half**

**1/4 cup pure maple syrup**

**1 cup of fresh brewed coffee**

**Sweetened whipped cream**

**Combine half and half and syrup in a sauce pan over medium heat stirring constantly until thoroughly heated (do not boil!!). Stir in coffee. Serve with sweet whipped cream.**

**425.            VIETNAMESE SMOOTHIE**

**1/2 large ripe mango, peeled, pitted, and cut into chunks**  
**1/2 ripe avocado or 1/2 small ripe papaya can be used instead**  
**1/4 cup sweetened condensed milk**  
**2 cups ice**  
**1 tablespoon sugar, plus more to taste**

**Pulse ingredients in blender or food processor until ice is puréed. Add sugar to taste.**

**426.            VIGOROUS COCKTAIL (Juicer)**

**6 carrots**

**2 oranges, peeled**

**1 apple, cored**

**1 stalk celery**

**1 slice lemon**

**Juice together in the order given.**



**427.        VIRGIN ISLAND'S BUSHWACKER (Alcoholic)**

Every island in the Caribbean has their own "special" drink, and here in St. Thomas, U.S. Virgin Islands, it is the "Bushwacker". Every bartender on island knows how to make them, and there are some variations, but this is the standard recipe. Tastes just like a chocolate milkshake...but be careful! It ain't no milkshake! Ever heard of a "virgin" drink? A "virgin" Bushwacker is a glass of ICE!! Haha! Multiply ingredients by the number of drinks you want. This recipe will make one drink.

1/2 ounce rum (Cruzan is the best, but use whatever brand you have)  
1/2 ounce vodka (any brand)  
1/2 ounce Bailey's Irish Cream (or a similar off-brand name)  
1/2 ounce Kahlua (or a coffee flavored off-brand name)  
1/2 ounce amaretto liqueur (any brand)  
1/2 ounce chococo chocolate-flavored liqueur  
1/2 ounce Frangelico (I recommend it) (optional)  
1/2 ounce creme de coconut (a MUST - "Coco Lopez" is best)  
1 cup crushed ice (more or less to make the proper consistency) 3 dashes of grated nutmeg  
1 tablespoon whipped cream  
1 maraschino cherry

Put everything, except nutmeg, whipped cream and cherries in a blender and use enough ice that, when blended, will be the consistency of a milkshake.

Blend, pour into glasses, and top with whipped cream, a cherry, and a couple dashes of grated nutmeg. Enjoy!

But use caution! They taste like there is no alcohol in them and most people have a tendency to get "bushwacked"! Haha!

**428.      WATERFALL (Juicer)**

**Carrots -- 3 Cleaned and remove tops**

**Apples -- 2 Whole**

**Celery -- 2 Sticks with leaves**

**Parsley -- 1 Handful with stems**

**A very powerful diuretic to help ease even the most stubborn fluid retention.**

**429.            WATERMELON COOLER**

**8 cups loosely packed seeded watermelon chunks**

**1/4 cup packed fresh mint leaves**

**12 ounces sparkling water**

**Granulated sugar**

**Ice cubes**

**Mint sprigs, for garnish**

**In a blender, purée the watermelon in batches, adding the mint leaves to one of the batches. Pour the watermelon juice into a large pitcher. Stir in the sparkling water and taste. Add 1 tablespoon or more of sugar if needed. Chill for at least 1 hour.**

**Pour over ice in tall glasses and garnish each glass with a mint sprig, if desired.**

**Variation**

**Substitute mangoes or blood oranges for the watermelon.**

**430.        WATERMELON PUNCH (Juicer)**

**1/2 watermelon, without rind**

**1 lemon**

**5 oranges**

**1/2 pineapple, peeled**

**Juice everything.**

**431.            WATERMELON SMOOTHIE**

**2 cups seeded watermelon chunks  
1 cup cracked ice  
1/2 cup plain yogurt  
1 tablespoon granulated sugar  
1/2 teaspoon ground ginger  
1/8 teaspoon almond extract**

**Combine all ingredients in blender container, blend until smooth.**

**432.            WHITE HOT CHOCOLATE MIX**

**A great idea for a major chocoholic**

**1 tsp. vanilla powder  
1 tsp. dried orange peel  
1/2 cup grated white chocolate or white chocolate chips**

**Combine and blend the ingredients in a small bowl. Store in an airtight container.**

**Attach this to the Jar:**

**White Hot Chocolate Serves 2**

**1 and 1/2 cups milk  
1/4 cup White Hot Chocolate Mix**

**In a small saucepan, heat the milk until bubbles form around the outside.**

**Add the White Hot Chocolate Mix and whisk until the chocolate is melted. Continue to whisk until the mixture is hot.**

**433.            WHITE HOUSE PUNCH**

**2 quarts lemonade  
2 quarts orange juice  
1 quart pineapple juice  
1 quart grapefruit juice  
2 quarts ginger ale, chilled**

**Mix all together, except ginger ale. Just before serving, add the chilled ginger ale.**

**This was served by Mrs. Pat Nixon at the White House.**

**434.         WHITE RUSSIAN WINTER**

**A favorite at our home during the holidays.**

**1 cup ice**

**1/2 cup coffee ice cream, softened**

**1/4 cup milk**

**2 ounces Kahlua**

**1 ounce vodka or coffee-infused vodka**

**Add all the ingredients to the container of an electric blender. Cover and blend until smooth; may have to pulse off and on to get started.**

**435.            YOGURT SMOOTHIE**

**Yield: 1 servings**

**1/4 cup flax seeds**

**1/4 cup heavy cream**

**1/4 cup Davinci Syrup, any flavor**

**1/2 cup plain full-fat yogurt**

**1 cup frozen strawberries**

**6 ice cubes**

**Blend all ingredients EXCEPT the ice in your blender until smooth.  
Add the ice and blend.**

**Per Serving: 414 Cal (60% from Fat, 12% from Protein, 28% from Carb); 13 g Protein; 29 g Tot Fat; 30 g Carb; 14 g Fiber; 266 mg Calcium; 3 mg Iron; 83 mg Sodium; 57 mg Cholesterol**