

haven't made in years
but when I did, it was great

The Ultimate One-Cup-Only Egg nog

Cinematography

1/2 cup Rum

12 egg yolks
1/4 cups sugar
2 quarts heavy cream
2 tsp cinnamon
2 tsp nutmeg
1/2 cup clove

Mix the egg yolks and sugar in a large bowl until pale. Then stir in the other ingredients, chill, and serve.



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Here's our best version of the fighting elixir.

**SOUTHERN
SWEETENED TEA**

6 cups water

4 family-size tea bags

1 to 1 $\frac{3}{4}$ cups sugar

BRING 6 cups water to a boil in a saucepan; add tea bags. Boil 1 minute; remove from heat. Cover and steep 10 minutes. Remove tea bags, squeezing gently.

ADD sugar, stirring until dissolved. Pour into a 1-gallon pitcher, and add enough water to fill pitcher. Serve over ice. Yield: 1 gallon.

Prep: 2 min., Cook: 5 min., Steep:
10 min. ◇

Tea evangelist Jay Grelan has set to spread the word through Tea Sip-Offs in Mobile. His

Noy, says the Oxford dictionary, is an English word of obscure origin, meaning strong ale, dating to the seventeenth century. In 1743, Lindon and Lacy say beer met their mark in Norfolk where the "Ales and Beers" of the day were "Amber colored Bitter Beer Biersoppel and the like". The German consumers consumed an egg yolk and sugar into their beer to make it taste better. The French took this idea and added it to their beer, creating a new style of beer called Biere de Garde.

it eggmold.
Eggs were primal nourishment and eggmold was a main dish.
I listed it under "Recipes Prepared
at Prairie Fair" in 1896, listed it under "Salmonella Concoction"
for the Sick. In the days before Salmonella Concoction,
M. F. K. Fisher described "the easiest way to eat an egg!"
"Break an egg over or merely flick it", as Barnsden
with milk or sherry.

SPECIAL RULES: Recipes must be original and not previously published. Recipes must list ingredients with their exact quantities in the order they are used, followed by directions on paragraph form, including cooking time and number of servings. Recipes must use readily available ingredients. All entries must be postmarked by May 1, 2000. Recipes will be judged on originality, taste, ease of preparation, and visual appeal. All entries become the property of Southern Living and will not be returned. Submission of recipe(s) in this contest gives Southern Living the right to edit, adapt, copyright, and publish your recipe as it sees fit, without any attribution or compensation. Winners will be required to sign a statement of eligibility and release of liability. By acceptance of prizes, winners consent to the use of their names and/or photographs in promotional material without further compensation. Federal, state, or other taxes are the responsibility of winners. Final judging will be held by August 31, 2000, and winners will be notified within 60 days. Southern Living is not responsible for lost, late, or misdirected mail. Any winner who cannot be located at the address provided with the entry will forfeit prize. Limit one prize per person. Entrants must be 18 or older. Employees of Time Warner, Inc., Southern Progress Corp., and their subsidiaries and the families of said employees are not eligible. Entries will be judged by Southern Living representatives; judges' decisions are final. Void where prohibited. All federal, state, and local regulations apply. To request a list of winners, send a self-addressed, stamped envelope to Southern Living Holiday Recipes, Contest Winners, P.O. Box 523, Birmingham, AL 35201. PRIZES: In each category (Entrées With 8 Ingredients or Less, Make-Ahead Main Dish Casseroles, Easy-and-Fresh Side Dishes, Quick Party Snacks, Perfect Pies), there will be a Grand Prize of \$1,000 and two (2) Runner-up Prizes of \$500. The odds of winning depend on the number of entries received.

Painkiller Mocktail

www.food.com

Prep Time: 10 min | Total Time: 10 min

Serves 1-2

Ingredients

- 8 ounces pineapple juice
- 2 ounces cream of coconut
- 2 ounces orange juice
- grated fresh nutmeg

Preparation

1. In a cocktail shaker filled with ice, add first four ingredients and stir.
2. Pour into 2 ice-filled cocktail glasses then top with grated nutmeg.
3. Enjoy!!

Taste & See: A couples' cooking class
♥ Date Night In (2.10.17) ♥



Basic Smoothie Recipe

INGREDIENTS

- 1 banana
- 1 c. milk (almond milk works, too)
- 1 c. frozen fruit of your choice
- 1 c. ice

Add all ingredients to a blender. Mix and serve.



Pomegranate Cosmopolitans

Recipe courtesy of Ina Garten

Total Time:
7 min
Prep: 7 min

Yield:
6 drinks
Level:
Easy

Ingredients

- ✓ 2 cups good vodka (recommended: Grey Goose or Finlandia)
- ✓ 1 cup orange liqueur (recommended: Cointreau)
- ✓ 1 cup cranberry juice cocktail, (recommended: Ocean Spray)
- ✓ 1/2 cup bottled pomegranate juice (recommended: Pom Wonderful)
- ✓ 1/2 cup freshly squeezed lime juice (4 limes)
- ✓ Thinly sliced limes, for garnish

Seltzer??

ADD CHECKED ITEMS TO GROCERY LIST

Directions

Combine the vodka, orange liqueur, cranberry juice, pomegranate juice, and lime juice in a large pitcher. Fill a cocktail shaker half full with ice, pour the cocktail mixture in, and shake for a full 30 seconds. Pour into martini glasses, garnish with a slice of lime, and serve immediately.

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Perfect Cosmopolitan Cocktail Recipe

PREP 10mins TOTAL 10mins

Not too sweet or too tart, this cosmopolitan cocktail recipe is perfect to serve one or many. We like to use unflavored or citrus flavored vodka in this. If you can, since there is quite a lot of vodka in the recipe, choose vodka that is medium priced or that's even top-shelf. We like to use Stolichnaya. We love adding a little orange peel to this. Sure, it may look like an unnecessary garnish, but if you do it right, it's adds a little sweetness and as you go into to take a sip of the cosmopolitan cocktail, you'll get orange essence, which hides the strength and scent of the vodka. When you add the orange peel, peel it over the drink. This way, any oils that spray out from the orange, fall into the drink. Rubbing the edges of the glass doesn't hurt either.

Makes 1 drink

YOU WILL NEED

2 ounces (1/4 cup) vodka
1/2 ounce (1 tablespoon) triple sec
3/4 ounce (1 tablespoon + 1 1/2 teaspoons) cranberry juice
1/4 to 1/2 ounce (1 1/2 teaspoons to 3 teaspoons) fresh lime juice
One 2-inch orange peel/twist
Ice

DIRECTIONS

Fill a cocktail shaker with ice then add vodka, triple sec, cranberry juice and lime juice. (We like the extra bite of extra lime juice, so we use 1/2 an ounce in our cosmopolitan cocktails. However, use what is best for your taste). Shake the cocktail shaker for about 30 seconds until well chilled. Then, strain into a martini glass.

Garnish with orange peel/twist. For an extra burst of flavor, peel the orange twist over the filled cocktail glass. This way, the orange oils spray into the glass.

ADAM AND JOANNE'S TIPS

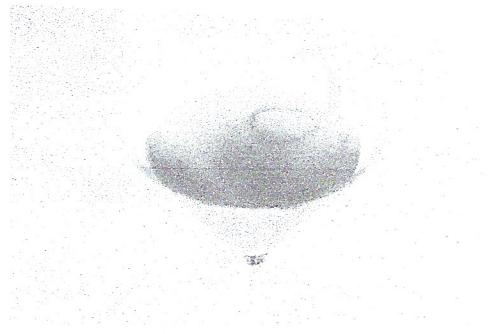
- To make 4 drinks at one time, add 1 cup vodka, 1/4 cup triple sec, 1/3 cup cranberry juice, and 2 to 4 tablespoons of fresh lime juice to a pitcher. Stir and adjust to taste. Refrigerate. When ready to serve, pour into four martini glasses and garnish with orange peel/twist.

If you make this recipe, snap a photo and hashtag it #inspiredtaste — We love to see your creations on [Instagram](#) and [Facebook!](#) Find us: @inspiredtaste

Created By: Adam and Joanne Gallagher

The full recipe post can be found on Inspired Taste here:

<http://www.inspiredtaste.net/19420/perfect-cosmopolitan-cocktail-recipe/>



Pomegranate Iced Tea

Juice of 2 lemons

Juice of 2 limes

2 tablespoons brown sugar

Sprigs of fresh mint, for muddle and garnish

8 cups sweet tea

4 cups pomegranate juice

1 cup cranberry juice

Ice, for glasses

In a mixing bowl, crush or muddle the lemon and lime juices with the brown sugar, blending the juices and sugar together. Next, thin slice a few mint leaves and add to the juices. Then add the sweet tea, pomegranate juice and cranberry juice and mix well. After mixing, serve over ice and garnish with fresh mint.

<http://www.foodnetwork.com/recipes/robert-irvine/pomegranate-iced-tea-recipe.html>



STRAWBERRY LEMONADE

This lemonade features fresh ginger and grapefruit and is sweetened naturally, with honey.

PREP TIME 15 MIN. — COOK TIME 2 MIN.

READY IN 17 MIN. — SERVINGS 4

✓ 2-inch piece fresh ginger	✓ 1 lb strawberries
✓ 1 grapefruit	✓ ½ cup honey ✓ 4 lemons

STEP 1 Bring ¼ cup water to a boil. Peel and grate the ginger into a bowl. Add juice from the grapefruit and top with boiling water. Let stand for 5 min. Meanwhile, hull and slice the strawberries. Set ½ cup of sliced strawberries aside.

STEP 2 Place strawberries, ginger water, honey, and juice from 3 lemons in a blender. Add 3 cups water and blend until smooth. Pour liquid through a sieve into a jug. Slice the remaining lemon into rings and add to the lemonade with remaining strawberries. For best results, store covered in the refrigerator for at least 1 hour before serving. Pour over ice cubes.

Per serving: 183 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 4mg sodium, 49g carbohydrate, 4g fiber, 42g sugar, 2g protein

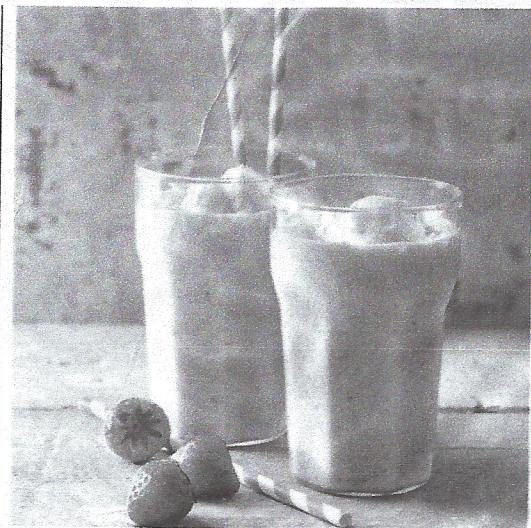
Try this recipe
with fresh
raspberries or
blueberries, too!

Yummy



Waste not

Freeze leftover strawberries for smoothies or frozen drinks



SUPER STRAWBERRY MILKSHAKE

This strawberry milkshake is filled with fresh ingredients and makes a frosty summer treat.

PREP TIME 10 MIN. — COOK TIME 0 MIN.

READY IN 10 MIN. — SERVINGS 4

✓ 2 cups frozen strawberries	✓ 1 cup ice
✓ 1 cup fresh strawberries	✓ 1 tsp vanilla extract ✓ 2 tbsp honey
✓ 2 cups low-fat milk	✓ 1 cup vanilla frozen yogurt

STEP 1 Place all ingredients in a blender, except for frozen yogurt. Whiz until mixture is frothy and fully combined. Divide milkshake among 4 glasses and top with ¼ cup scoop of frozen yogurt.

Tip Serve with a garnish of whipped cream.

Per serving: 193 calories, 3g fat, 2g saturated fat, 7mg cholesterol, 89mg sodium, 36g carbohydrate, 3g fiber, 31g sugar, 6g protein

Want to indulge?



Our Super Strawberry Milkshake is made with simple ingredients, but for a more decadent dessert, try our Over-the-Top Milkshake. Check it out at your store's website.

Good Eating
SUMMER SMOOTHIES

**SWEET BEET +
COCOA-BANANA**

Puree 2 precooked beets (quartered) with $\frac{1}{2}$ banana (sliced), $\frac{1}{4}$ cup plain 2% Greek yogurt, $\frac{1}{4}$ cup cold water, and 1 Tbsp cacao nibs in a blender until smooth. Garnish with $\frac{1}{2}$ tsp more cacao nibs (optional).

216 cal per serving

**BLACKBERRY +
HONEYDEW**

Puree $\frac{3}{4}$ cup chopped honeydew, $\frac{1}{2}$ cup blackberries, $\frac{1}{2}$ cup 2% milk, and 1 tsp lime juice in a blender until smooth.

139 cal per serving



DR. OZ SAYS...
"An entire cup of berries! Love this."

**RASPBERRY +
AVOCADO WITH CHIA**

Puree 1 cup raspberries, $\frac{1}{4}$ avocado, $\frac{1}{2}$ cup ice, $\frac{1}{4}$ cup cold water, 1 tsp chia seeds, $\frac{3}{4}$ tsp honey, and 1 tsp lemon juice in a blender until smooth.

178 cal per serving

**NECTARINE +
SPICED CARROT**

Puree 1 cup sliced nectarine, $\frac{1}{2}$ cup sliced peeled carrot, $\frac{1}{2}$ cup diced pineapple, $\frac{1}{4}$ cup orange juice, $\frac{1}{4}$ cup plain 2% Greek yogurt, and a pinch to $\frac{1}{4}$ tsp turmeric (to taste) in a blender until smooth.

196 cal per serving

Fresh or frozen berries will work in any of these combos.

Chocolate inside
Spin in cacao nibs to make this a little bit dessert-ish.

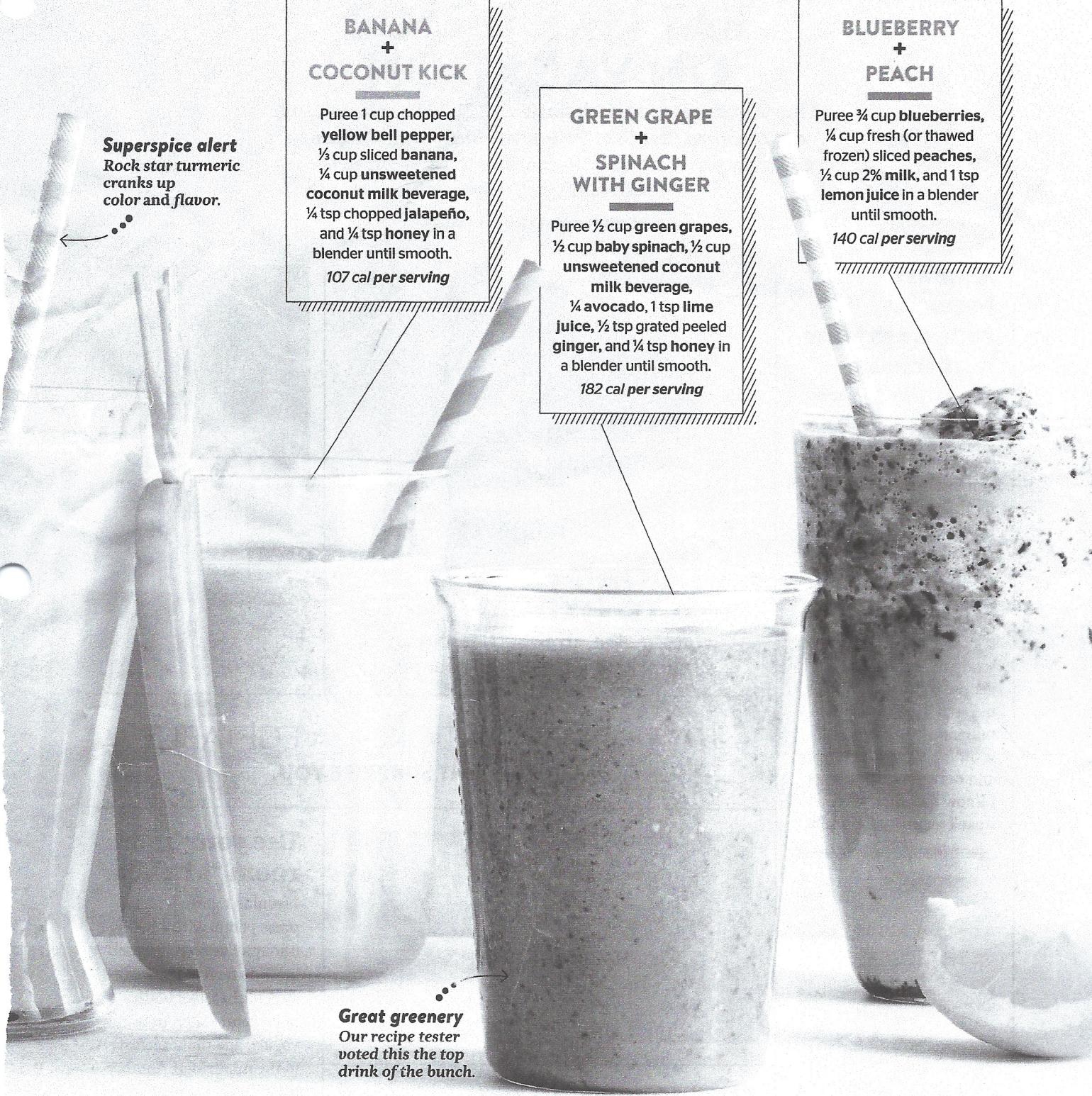
Fab for fiber
Holy 13 grams! (Thank the chia, avocado, and berries.)

MORE THAN JUST A PRETTY SHADE...

The snazzy pigments in beets and berries pack an antioxidant punch.

red

orange
A happy sign that you're getting beta-carotene, a cell protector.



Superspice alert
Rock star turmeric
cranks up
color and flavor.

BANANA + COCONUT KICK

Puree 1 cup chopped yellow bell pepper, $\frac{1}{3}$ cup sliced banana, $\frac{1}{4}$ cup unsweetened coconut milk beverage, $\frac{1}{4}$ tsp chopped jalapeño, and $\frac{1}{4}$ tsp honey in a blender until smooth.

107 cal per serving

GREEN GRAPE + SPINACH WITH GINGER

Puree $\frac{1}{2}$ cup green grapes, $\frac{1}{2}$ cup baby spinach, $\frac{1}{2}$ cup unsweetened coconut milk beverage, $\frac{1}{4}$ avocado, 1 tsp lime juice, $\frac{1}{2}$ tsp grated peeled ginger, and $\frac{1}{4}$ tsp honey in a blender until smooth.

182 cal per serving

BLUEBERRY + PEACH

Puree $\frac{3}{4}$ cup blueberries, $\frac{1}{4}$ cup fresh (or thawed frozen) sliced peaches, $\frac{1}{2}$ cup 2% milk, and 1 tsp lemon juice in a blender until smooth.

140 cal per serving

Great greenery
Our recipe tester
voted this the top
drink of the bunch.

yellow
Sunny bell peppers
are extra high in
vitamin C.

green
Leafy veggies
like spinach get big
points for the
B vitamin folate.

purple
Blueberries are up there in
anthocyanins, the same
antioxidants as in black-
berries and raspberries.

BERRY
BELLINI

PINEAPPLE-
MANGO-ORANGE

PARTY ICE

BERRY BELLINI

Combine $\frac{1}{2}$ c. pureed **strawberries** (7 to 8 berries) with $\frac{1}{4}$ c. **lemonade**; use to fill ice tray half full. Freeze until solid. Repeat with **Prosecco** to form second layer. Serve in additional Prosecco.

**PINEAPPLE-
MANGO-ORANGE**

Fill ice tray $\frac{1}{3}$ full with **pineapple juice**;

STRAWBERRY-
KIWI LEMONADE

freeze until solid. Repeat with **mango juice**, then **orange juice** to form 2 more layers. Serve in **rum**.

**STRAWBERRY-KIWI
LEMONADE**

Combine 1 c. pureed **kiwifruit** (4 to

5 kiwis) with $\frac{1}{4}$ c. **lemonade**; pour into ice tray. Top each cube with **1 strawberry slice**. Freeze until solid; serve in lemonade.

PIÑA COLADA

Fill ice tray $\frac{1}{3}$ full with **pineapple juice**; freeze until solid. Repeat with **coconut milk**, then more pineapple juice to form 2 more layers. Serve in **coconut rum**.

MOJITO

Combine $\frac{1}{4}$ c. **limeade** and $\frac{1}{4}$ c. **lime juice**; pour into ice tray. Add **lime zest** and chopped **mint** to each cube. Freeze until solid; serve in **rum**.

Use 2 to 3 cubes per glass. For best flavor, let cubes melt slightly before serving.

GOURMET GETAWAY SWEEPSTAKES (page 8)

No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. From June 1, 2016 at 12:01 A.M. (ET) to June 30, 2017, at 11:59 P.M. (ET), go to goodhousekeeping.com/innit on a computer or a wireless device and submit the entry form. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Open to legal residents who are the age of majority in the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Subject to Official Rules at goodhousekeeping.com/innit.

2015 TO 2016 READER FEEDBACK

SWEEPSTAKES (page 8)

No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. Beginning December 1, 2015, at 12:01 A.M. (ET) through December 31, 2016, at 11:59 P.M. (ET), go to augustsurvey.goodhousekeeping.com on a computer or a wireless device and complete the entry form pursuant to the onscreen instructions. One (1) grand prize winner will receive \$5,000; one (1) first place winner will receive \$500 and ten (10) runner-up winners will each receive \$100 (total ARV: \$6,500). Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Open to legal residents of the 50 United States and the District of Columbia who have reached the age of majority in their state or territory of residence at time of entry. Legal residents of Canada (excluding Quebec) who have reached the aforementioned age in their province of residence at time of entry are also eligible to enter. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at augustsurvey.goodhousekeeping.com.

august 2016 GH 131

DON'T JUST WASH IT.
WISK® IT.

This shirt is filthy white. Sure it looks clean, but after a workout, it's full of hidden odor-causing body oils and sweat. **Wisk Deep Clean® with Micro-Cleaners®** helps remove more of the unseen some other detergents can leave behind*, attacking the odor source so clothes are deep down clean.



Dramatization.
Hidden body oils and sweat on cotton t-shirt after workout under blacklight

facebook.com/wisk

*Compared to the leading variant of the top three liquid value brands.

IF YOU TOOK THE HINT . . .

- For everyday enjoyment, simply brew, sweeten, and chill your favorite specialty coffees and teas; serve them over ice.
- A variety of flavored coffees and teas is available at your supermarket, cookware shop, or gourmet food store.
- Consider serving creamy, coffee-flavored selections for dessert, too.
- The roast of coffee influences the color and flavor of the brew. The most popular are American, French, Italian, European, and Viennese. American (regular) roast beans are medium-roasted, which yields a moderate brew. French roast beans are heavy-roasted, and dark French roast beans are deep chocolate brown. This coffee is strong and full-flavored. Italian roast is used for espresso. European roast blends two-thirds heavy-roasted beans with one-third regular; Viennese roast reverses the proportions.

pitcher. Serve over additional crushed ice. Yield: 2½ cups.

MEXICAN COFFEE

- 18 cups coffee
- 1 (16-ounce) can chocolate syrup
- 1 cup Kahlúa or other coffee-flavored liqueur
- ½ teaspoon ground cinnamon
- Vanilla ice cream
- Ground cinnamon

Combine first 4 ingredients; cover and chill. Serve over ice, if desired. Top each serving with a scoop of ice cream, and sprinkle with additional ground cinnamon. Yield: 21 cups.

CAPPUCCINO COOLER

- 1 to 1½ tablespoons instant coffee granules
- 1½ cups boiling water
- 1 cup vanilla ice cream
- ¼ cup Frangelico or other hazelnut-flavored liqueur
- 1 teaspoon vanilla extract

Dissolve coffee granules in boiling water; add ice cream, stirring until ice cream melts. Stir in Frangelico and vanilla, and chill. Serve mixture over ice. Yield: 2 cups.

TEA PUNCH

- 1 quart water
- 7 regular-size tea bags
- ¾ to 1 cup sugar
- 1 (6-ounce) can frozen orange juice concentrate, thawed and undiluted
- 1 (12-ounce) can frozen lemonade concentrate, thawed and undiluted
- 9½ cups water

Bring 1 quart water to a boil. Remove from heat, and add tea bags. Cover and let stand 5 minutes. Remove tea

bags, squeezing gently; cool tea. Combine tea, sugar, and remaining ingredients; chill. Serve over ice. Yield: 1 gallon.

TEABERRY SANGRÍA

- 2 cups water
- ¾ cup sugar
- 1 orange, sliced
- 1 lemon, sliced
- 1 lime, sliced
- 4 regular-size tea bags
- 2 cups red wine
- 1 (10-ounce) package frozen sliced strawberries, thawed and mashed
- 2 cups lemon-lime carbonated beverage
- Garnish: lemon slices

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, squeezing gently; cool. Combine tea mixture, wine, and strawberries in a pitcher; chill. Just before serving, add lemon-lime beverage. Serve over ice. Garnish, if desired. Yield: 2 quarts.

CRANBERRY-APPLE TEA

- 1 cup water
- 3 regular-size tea bags
- 1 (32-ounce) bottle cranberry juice cocktail, chilled
- 2 cups apple juice, chilled
- 1 tablespoon lemon juice
- 1½ tablespoons light corn syrup
- 1 lemon, sliced

Bring 1 cup water to a boil. Remove from heat; add tea bags; cover. Let stand 5 minutes. Remove tea bags, squeezing gently; cool tea.

Combine tea, cranberry juice cocktail, and next 3 ingredients in a large pitcher; add lemon slices, and serve over ice. Yield: 1¾ quarts.

COOL ALMOND CREAM COFFEE

- 1 cup ground coffee
- 8 cups water
- 1 quart half-and-half
- 1 (14-ounce) can sweetened condensed milk
- ¼ cup sugar
- 2 teaspoons almond extract
- Whipped cream
- Sliced almonds, toasted

Place ground coffee in coffee filter or filter basket; add water to coffeemaker, and brew. Combine coffee, half-and-half, sweetened condensed milk, sugar, and almond extract; cover and chill. Top individual servings with whipped cream and almonds. Yield: 13 cups.

LEMON-PINEAPPLE MINT TEA

- 1 quart water
- 7 regular-size tea bags
- 7 fresh mint sprigs
- 1 cup sugar
- 3½ cups water
- 2½ cups pineapple juice
- 1 (6-ounce) can frozen lemonade concentrate, thawed and undiluted
- Garnish: fresh mint sprigs

Bring 1 quart water to a boil. Remove from heat; add tea bags and mint. Cover and let stand 5 minutes. Remove mint and tea bags, squeezing gently.

Transfer tea to a large pitcher; add sugar, water, pineapple juice, and lemonade concentrate, stirring until sugar dissolves. Cool. Serve over ice. Garnish, if desired. Yield: 2½ quarts.

ORANGE FRUIT TEA

- 4 cups boiling water
- 3 regular-size tea bags
- ½ cup sugar
- 3 cups orange juice
- 2 (6-ounce) cans unsweetened pineapple juice
- Garnishes: orange slices, fresh mint sprigs

Pour boiling water over tea bags; cover and let stand 5 minutes. Remove tea bags, squeezing gently. Stir in sugar, orange juice, and pineapple juice, and chill. Serve over ice. Garnish, if desired. Yield: 8½ cups.

Peppermint-Eggnog Punch

卷之三

1 quart peppermint ice cream softened
4 (12 oz.) bottles ginger ale chilled

1 quart eggnog
peppermint sticks

* Combine first 3 ingredients in a punch bowl, stirring until blended. Serve immediately with peppermint sticks. Yield 4 1/2 quarts.

472

472



A Curry of a Life

by Colleen Mahal

www.acurryofalife.com

CARDAMOM CHAI

Time: 15 minutes

Serves: 2

Ingredients

2 cups water

2 spoons sugar

2 spoons Indian black tea *available at Indian grocery stores

4 green cardamom pods, crushed (1/4 teaspoon cardamom seeds)

1 cup milk

Directions

Pour 2 cups of water in a medium sized pot. Add 2 tablespoons sugar, and 2 tablespoons black Indian tea.

Crush the cardamom pods, skip this step if using cardamom seeds. Add the cardamom to the pot. Heat over medium-high heat.

Once the tea begins to boil, set the timer for five minutes and let the tea mixture gently boil. After the five minutes, add a cup of milk and turn the heat down to medium so the milk does not boil over. Once the milk begins to simmer set the timer for five minutes.

Set the tea aside to cool to drinking temperature or you can drink it piping hot!

*from
Farm Museum*

Hot Spiced Christmas Tea

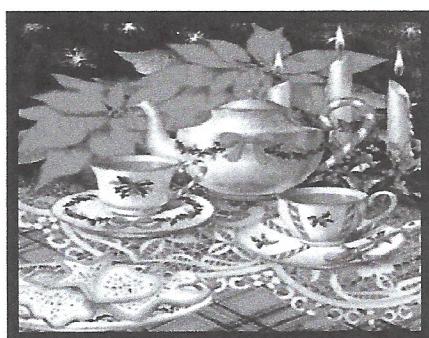
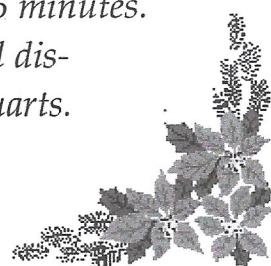
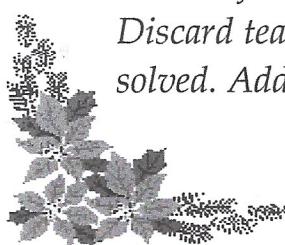
Ingredients

2 cinnamon sticks
6 to 12 whole allspice
1 t whole cloves
12 cups water
12 individual tea bags
1 cup packed brown sugar
1 cup cranberry juice
1/2 cup orange juice
1/4 cup lemon juice



Directions

Place cinnamon sticks, allspice, and cloves on a double thickness of cheesecloth. Bring up corners of cloth; tie with a string to form a bag. Place water and spice bag in a large saucepan; bring to a boil. Remove from the heat. Add tea bags; cover and steep for 5 minutes. Discard tea bags and spice bag. Stir in brown sugar until dissolved. Add juices; heat through. Serve warm. Yield: 3 quarts.

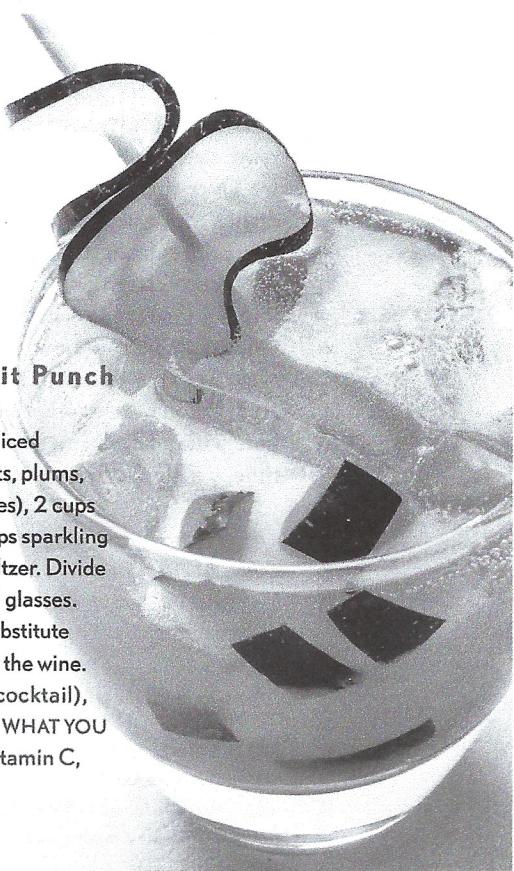


HEALTHY

Ste

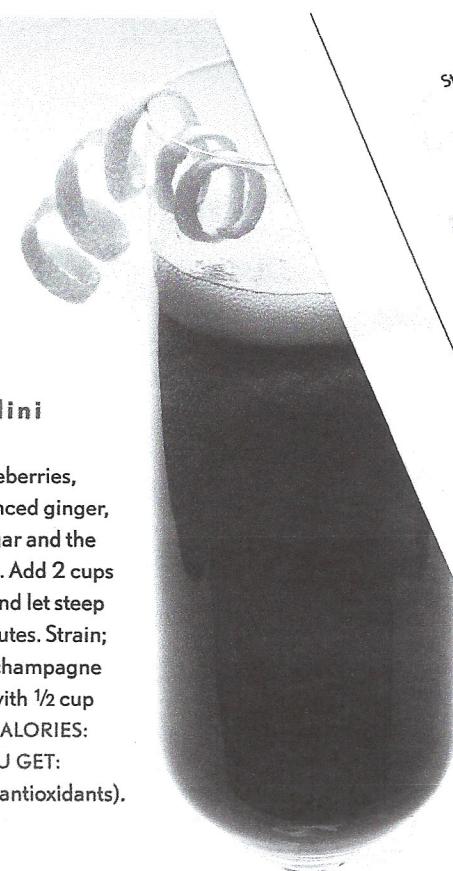
Summer Fruit Punch

Combine 2 cups diced stone fruit (apricots, plums, peaches, nectarines), 2 cups apricot juice, 2 cups sparkling wine and 1 cup seltzer. Divide among 4 ice-filled glasses. **MOCKTAIL:** Substitute sparkling cider for the wine. **CALORIES:** 203 (cocktail), 173 (mocktail) | **WHAT YOU GET:** Vitamin A, Vitamin C, Potassium.



Blueberry Ginger Bellini

Mash 1/2 cup blueberries, 1 tablespoon minced ginger, 1 tablespoon sugar and the juice of 1/2 lemon. Add 2 cups blueberry juice and let steep for at least 5 minutes. Strain; divide among 4 champagne flutes. Top each with 1/2 cup sparkling wine. **CALORIES:** 185 | **WHAT YOU GET:** Anthocyanidins (antioxidants).



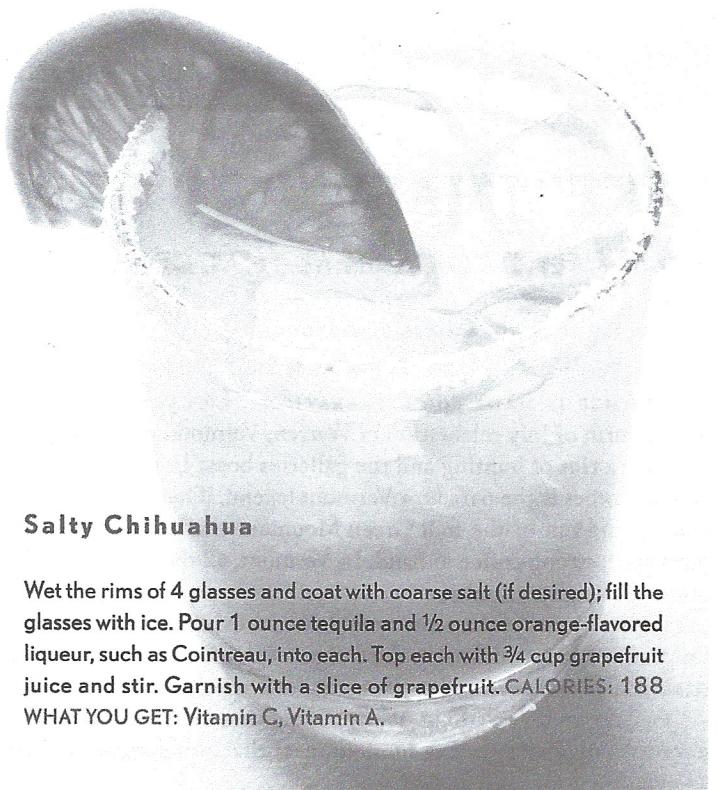
Iced Mint Green Tea

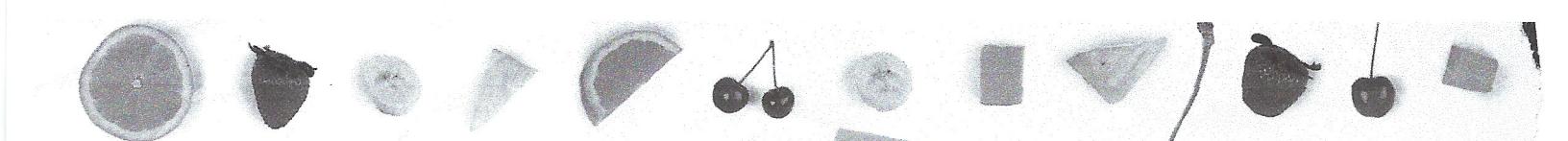
Combine 1/2 cup fresh mint leaves, 3 green tea bags, 2 tablespoons honey and 4 cups boiling water. Let steep for 5 minutes; remove tea bags. Refrigerate until chilled. Divide among 4 large ice-filled glasses. Add 1/2 cup sake to each glass. Garnish with a stalk of lemongrass. **MOCKTAIL:** Omit the sake. **CALORIES:** 76 (cocktail), 37 (mocktail) | **WHAT YOU GET:** Vitamin A, Flavonoids (antioxidants).



Salty Chihuahua

Wet the rims of 4 glasses and coat with coarse salt (if desired); fill the glasses with ice. Pour 1 ounce tequila and 1/2 ounce orange-flavored liqueur, such as Cointreau, into each. Top each with 3/4 cup grapefruit juice and stir. Garnish with a slice of grapefruit. **CALORIES:** 188 | **WHAT YOU GET:** Vitamin C, Vitamin A.





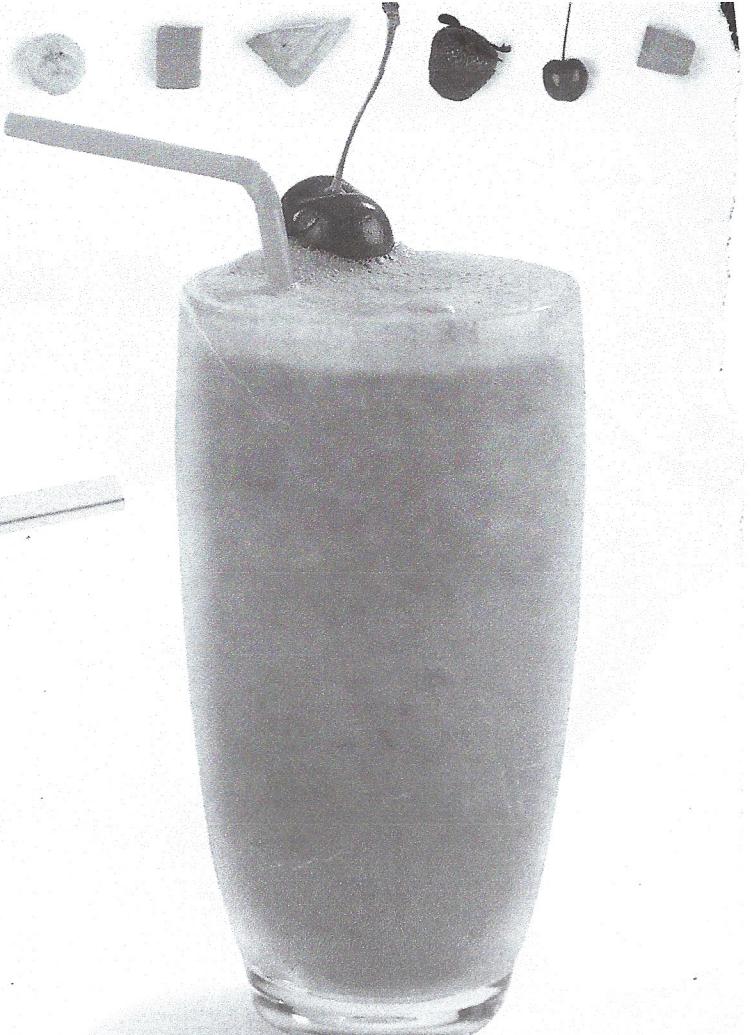
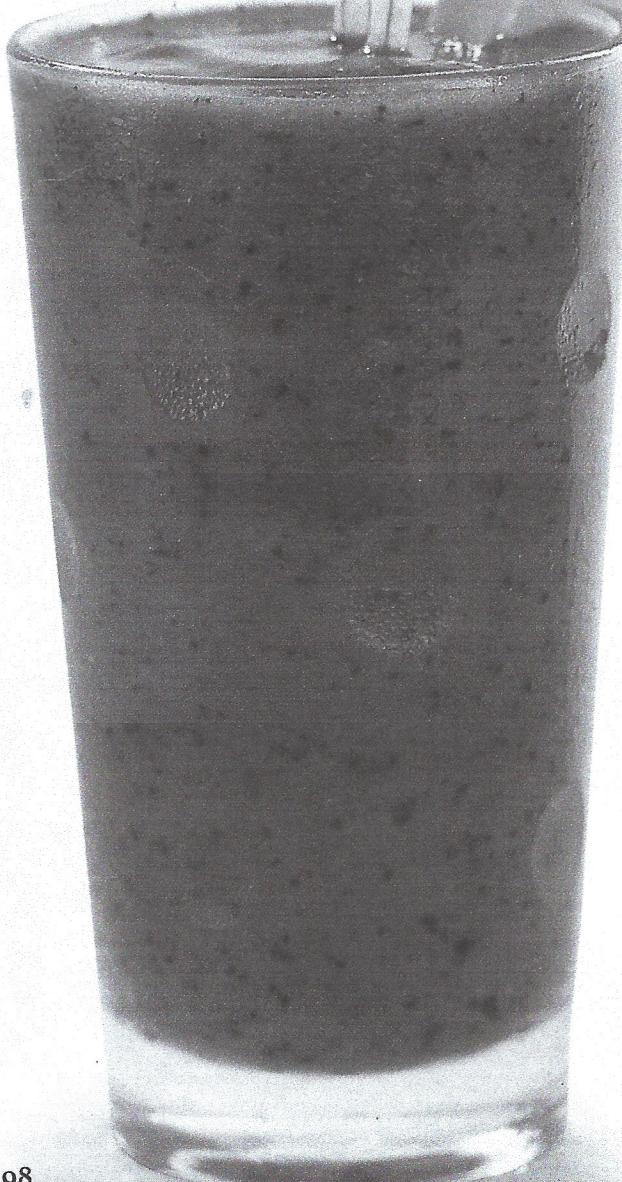
Purple Mango

Mango, one of the world's most popular fruits (and a vitamin C powerhouse), is finally getting its due stateside. Some grocery stores now sell it chopped and frozen, so you don't have to wrestle with cutting it fresh.

BLEND TOGETHER:

1 cup
pineapple juice
1/2 cup orange juice
1 cup frozen blueberries
1 cup cubed
frozen mango

SERVES 2



Cherry Vanilla

This sweet-tart smoothie is Nick's all-time favorite. Double the recipe and freeze the leftovers in paper cups. Your kids can have the first round for breakfast, the second for a wholesome dessert.

BLEND TOGETHER:

1 cup
apple juice or cider
1/2 cup low-fat vanilla yogurt
1 teaspoon vanilla extract
1 1/2 cups frozen
pitted cherries

SERVES 2

Smoothie Secrets

- Frozen fruit makes for thicker smoothies. Peel overripe bananas and toss them in a plastic bag for storage in the freezer. Follow suit with other fruits, peeling and pitting as necessary so they can go straight into the blender. For an instant supply, most grocery stores carry bite-size frozen fruit in bags. Just be sure you buy the no-added-syrup stuff.

- If you only have fresh (unfrozen) fruit on hand, blend your smoothie with a couple of ice cubes.

Cozy Beverages

Surprise your guests with these spirited concoctions. From the comforting warmth of a Cappuccino Sipper to the fruitiness of Champagne Punch, these beverages allow you to celebrate all year long.

Cynthia Ann Briscoe

ORANGE BRANDY SMASH

9 cups water
2 cups brandy
1 (12-ounce) can frozen lemonade concentrate
1 (12-ounce) can frozen orange juice concentrate
Garnish: orange rind strips

- STIR together first 4 ingredients in a 1-gallon container until concentrates thaw. Cover and freeze 8 hours, stirring occasionally. Spiral rind strips into glasses, if desired. Spoon frozen mixture into glasses. Serve immediately. Yield: 3½ quarts.
Prep: 3 min., Freeze: 8 hrs.

Fran Pointer
Kansas City, Missouri

APRICOT COOLERS

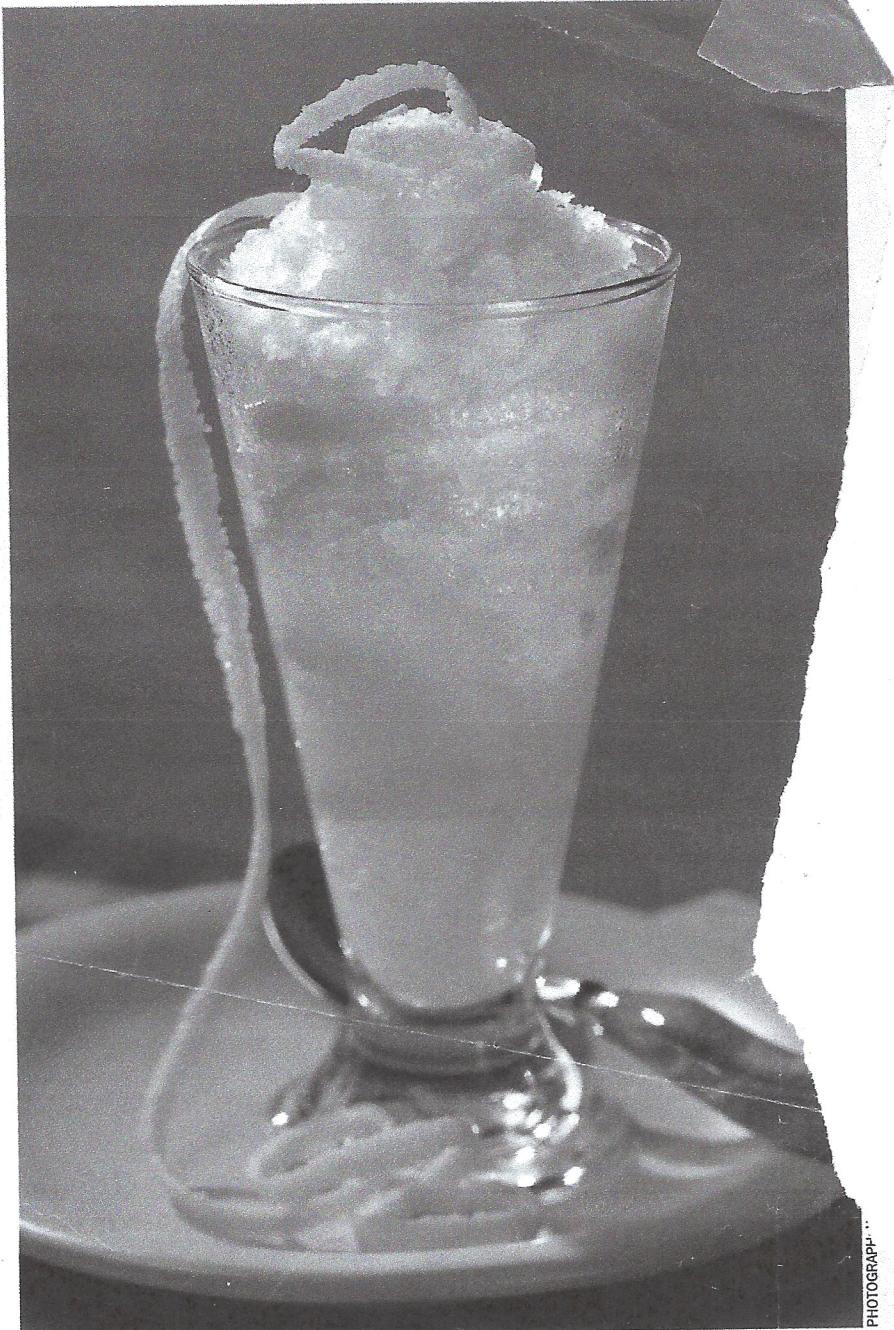
2 cups apricot nectar, chilled
2 cups unsweetened pineapple juice, chilled
½ cup lemon juice
1 (12-ounce) can ginger ale, chilled

- STIR together all ingredients. Serve immediately over ice. Yield: 6 cups.
Prep: 3 min.

Teresa Hubbard
Russellville, Alabama

CAPPUCCINO SIPPER

½ cup sugar
3 cups brewed coffee
3 cups half-and-half
¼ to **½** cup rum
¼ to **½** cup brandy
Sweetened whipped cream
Ground cinnamon (optional)
• BRING first 5 ingredients to a boil



PHOTOGRAPH BY

Lace your glass with long strips of orange rind before adding Orange Brandy Smash.

in a large saucepan over medium heat, stirring constantly. Remove from heat. Top each serving with sweetened whipped cream and, if desired, cinnamon. Yield: 7 cups.
Prep: 5 min., Cook: 5 min.

Paula McCollum
Springtown, Texas

CHAMPAGNE PUNCH

3 cups red fruit punch, chilled
3 cups unsweetened pineapple juice, chilled

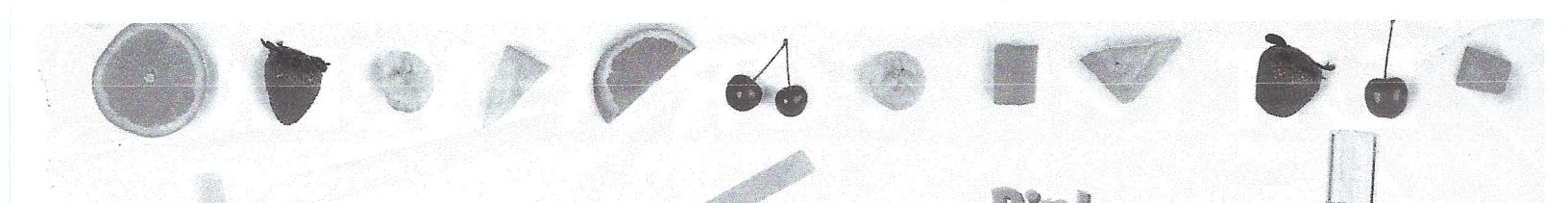
3 cups white grape juice, chilled
1 (750-milliliter) bottle pink champagne, chilled*

- STIR together all ingredients. Serve immediately. Yield: 12 cups.
Prep: 5 min.

Judi Grigoraci
Charleston, West Virginia

NOTE: For testing purposes only, we used Hawaiian Punch brand red fruit punch.

***2** (12-ounce) cans ginger ale, chilled, may be substituted for pink champagne. ◇



Pink Banana

Skeptical that either of my sons would drink anything with tofu in it, I made this one without Nick at first, only telling him afterward that it had tofu in it. He liked it so much, he even started drinking soy milk too.

BLEND TOGETHER:

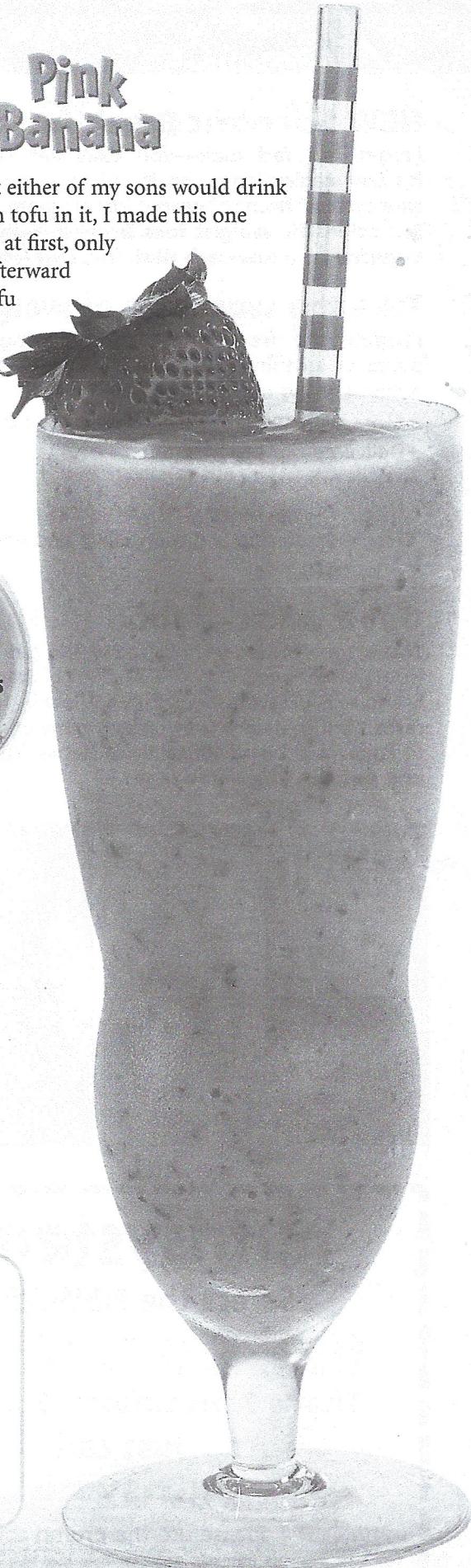
1 cup
apple juice or cider

2 ounces soft silken
tofu (about 1/4 cup)

1 cup frozen strawberries

1 frozen very ripe
medium banana

SERVES 2



Pineapple Crush

The riper the pineapple and banana, the sweeter your outcome. This is my favorite smoothie — fresh, tropical, and an excellent source of vitamin C.

BLEND TOGETHER:

1/2 cup
orange juice

1/2 cup pineapple juice

1 cup frozen
pineapple chunks

1/2 frozen very ripe
medium banana

SERVES 2

● Don't underestimate the need for a straw. A smoothie drunk straight from the glass has the unpleasant habit of sliding in big blob onto your face.

● For added nutrition, slip in low-fat protein, such as skim milk, soy milk, plain or red low-fat yogurt, frozen low-fat cottage cheese, or soft silken tofu.

● In addition to the classic juices, such as OJ and apple juice, try tangerine juice, peach nectar, cranberry juice mix, or some of the new fruit blends.

● You can freeze smoothies in pop molds, ice cube trays, or paper cups. I also regularly pack smoothies in a thermos for school lunches. ☺

KEEP YOUR COOL

Add an extra, frosty burst of flavor to your coolers by making ice cubes out of juice, cider, or herbal tea. Or, drop in frozen lemon or orange slices (arrange them on a tray, freeze, and then store in a freezer bag until you're ready to use them).

Johnny Appleseed

The apple-lovers in your household won't be able to resist this slushy cooler. For younger kids, you may want to substitute apple juice, which is a bit sweeter than cider.

- 8 apple cider ice cubes
- 1/4 cup apple cider or water

Drop the apple cider ice cubes into a blender or food processor. Pour in the apple cider or water. Blend until slushy, adding more liquid if necessary. Serves 1.

Razzle-dazzle

For a tarter version of this fruity blend, use pink grapefruit juice instead of orange juice.

- 1 frozen banana
- 3/4 cup raspberries
- 1 cup orange juice

Combine the fruit and juice in a blender or food processor. Blend until smooth. Serves 1.

Lime Cooler

This refreshing limeade gets its subtle sweetness from honey instead of sugar.

- 3/4 cup fresh lime juice
- 2/3 cup honey
- 1 quart water
- Lime wedges

In a large pitcher, stir together the lime juice, honey, and water. Pour into tall, ice-filled glasses and garnish with lime wedges. Serves 5.





ICED APPLE TEA

3 cups boiling water
4 cinnamon-apple tea bags
1 tablespoon sugar
1 (6-ounce) can frozen apple juice concentrate, undiluted
2 cups cold water
Garnishes: green apple slices, cinnamon sticks

• Pour 3 cups boiling water over tea bags; cover and steep 5 minutes. Remove and discard bags. Stir in sugar, juice concentrate, and 2 cups cold water. Serve over ice; garnish, if desired.

Yield: about 5½ cups. *Nora Henshaw
Okemah, Oklahoma*

WHITE GRAPE ICED TEA

1 cup lemonade mix
½ cup instant tea mix
½ cup sugar
3 cups white grape juice
15 cups water

• Stir together all ingredients in a large pitcher until lemonade mix, instant tea, and sugar dissolve. Serve over ice.

Yield: 4½ quarts. *Teri Mitchell
Huntsville, Alabama*

FRUIT-AND-MINT ICED TEA

1 quart boiling water
8 regular-size tea bags
½ cup fresh mint leaves
1½ cups sugar
1 (6-ounce) can frozen lemonade concentrate, undiluted
1 (6-ounce) can frozen limeade concentrate, undiluted
¾ cup orange juice
3 quarts cold water

• Pour 1 quart boiling water over tea bags and mint; cover and steep 30 minutes. Remove and discard tea bags. Stir in sugar and next 4 ingredients.

• Pour tea through a wire-mesh strainer into a large pitcher, discarding mint. Chill. Serve over ice. **Yield:** about 4½ quarts.

*Ann Hunt
Memphis, Tennessee*

Temper a warm April afternoon with Iced Apple Tea.

Water!

WET YOUR WHISTLE

Fourteen frosty refreshments that can help you beat summer's heat

BY CYNTHIA CALDWELL

*Photographs by
Shaffer/Smith Photography*

ON A HOT summer day, you can work up a sweat just turning on the fan. And while you can't do much (make that anything) about the temperature, you can help your family keep its cool by having plenty of frosty beverages on hand. Water, of course, is always the top choice for quenching your kids' thirsts, but when it comes to satisfying their taste buds, you need to add a few ingredients, like juice or frozen yogurt, or another favorite flavor of summer. On the following pages you'll find recipes that range from frozen-fruit slushies to tropical smoothies to iced tea punch — all of which are refreshing and tasty. So pour your family a round and raise a toast to warm weather.

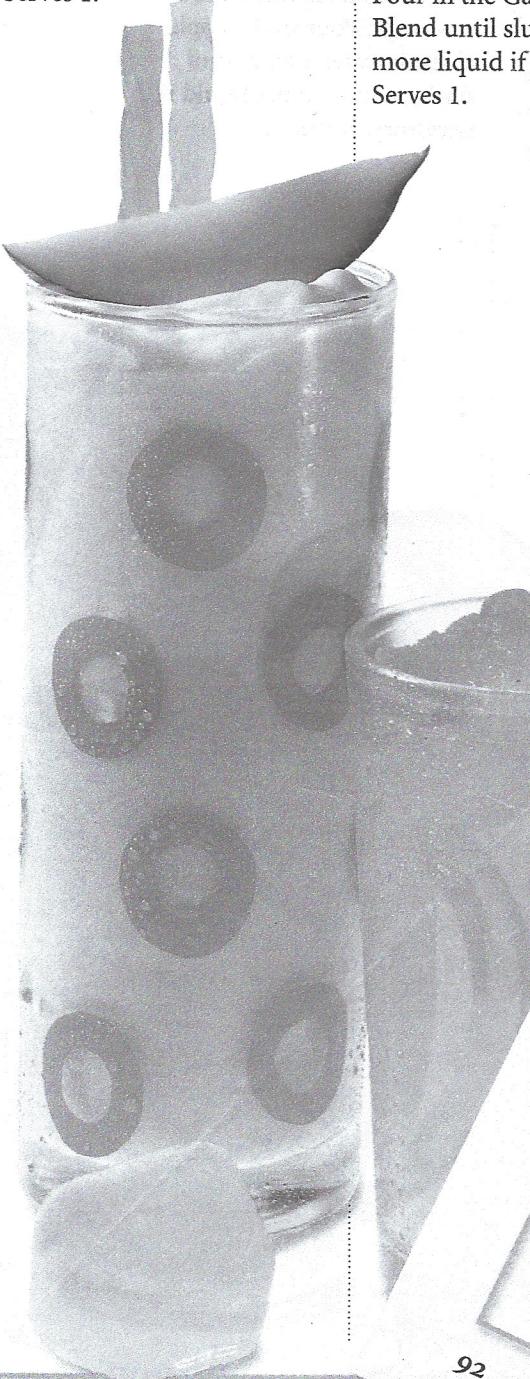
Mango Tango

For this tropical smoothie, select a mango that's ripe but firm enough to peel and slice.

- 1 cup mango slices
- 1 dash white grape juice
- 4 scoops vanilla frozen yogurt

Combine the mango slices, grape juice, and frozen yogurt in a blender or food processor. Blend until smooth.

Serves 1.

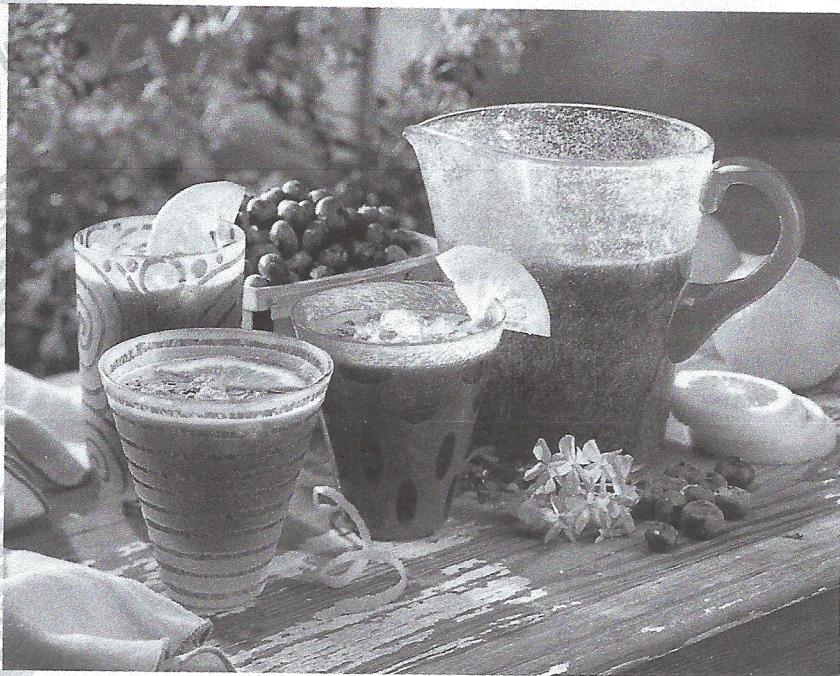


Yellow Howler

Freeze your child's favorite sport drink in an ice cube tray, and you've got the makings for a slushy treat. The one shown here is made with Gatorade.

- 8 lemon-lime Gatorade ice cubes
- $\frac{1}{4}$ to $\frac{1}{2}$ cup lemon-lime Gatorade or water

Drop the Gatorade cubes into a blender or food processor. Pour in the Gatorade or water. Blend until slushy, adding more liquid if necessary. Serves 1.



Sip of Summer

Wether you want a drink that's bubbly, frothy, fizzy, or slushy, there's one here you'll like. Use the fresh fruit of summer to make Watermelon-Strawberry Cooler or Blueberry Lemonade.

Sangria is always a favorite for parties. And the kids will want to cool off with a colorful glass of Blackberry Breeze.

Strawberry Slush

7 cups water
2 cups sugar
4 regular-size tea bags
1 (12-ounce) can frozen lemonade concentrate, undiluted
2 (10-ounce) packages frozen sliced strawberries, thawed
2 cups tequila
1 (2-liter) bottle lemon-lime soft drink, chilled (optional)

- **BRING** 7 cups water and sugar to a boil in a large saucepan, stirring constantly. Pour over tea bags, and steep until cool.
- **REMOVE** tea bags from liquid, squeezing gently.

• **STIR** together tea, lemonade concentrate, strawberries, and tequila in a large bowl; cover and freeze 8 hours, stirring occasionally. Serve immediately, or stir in lemon-lime soft drink, if desired.

YIELD: 3 quarts. *Andrea S. Lerbs
League City, Texas*

Sangria

½ gallon dry red wine
¼ cup brandy
⅓ cup orange juice
2 tablespoons grated lemon rind
3 tablespoons fresh lemon juice
¾ to 1 cup sugar
1 apple, cored and cut into wedges
1 orange, sliced

• **COMBINE** all ingredients, stirring until sugar dissolves; cover and chill at least 8 hours.

YIELD: 5 quarts. *Sue P. Wilson
Etowah, North Carolina*

Blueberry Lemonade

½ cup fresh lemon juice
 (about 4 small lemons)
2 cups water

Blueberry Lemonade puts out the heat of a summer day.

2 cups fresh or frozen blueberries, thawed

½ cup sugar

Garnish: lemon slices

• **PROCESS** first 4 ingredients in a blender until smooth, stopping to scrape down sides. Pour through a wire-mesh strainer into a pitcher, discarding solids. Serve over ice, and garnish, if desired.

YIELD: 5 cups.

*Lisa Lawrence Nicklow
College Station, Texas*

Blackberry Breeze

1 cup boiling water
6 regular-size blackberry zinger tea bags

½ cup pineapple juice

1 (8-ounce) can crushed pineapple, drained

⅓ cup sugar

18 ice cubes

• **POUR** 1 cup boiling water over tea bags; cover and steep until tea is cool.

• **REMOVE** tea bags from water, squeezing gently. Discard bags. Cover and chill tea.

• **PROCESS** tea, pineapple juice, pineapple, and sugar in a blender until smooth. With blender on high, add ice cubes, 1 at a time, processing until smooth after each addition. Serve immediately.

YIELD: 2 quarts. *Ellie Wells
Lakeland, Florida*

Watermelon-Strawberry Cooler

1 (8-ounce) container lemon nonfat yogurt

2 cups cubed, seeded watermelon

1 pint fresh strawberries

1 medium banana, sliced and frozen

• **PROCESS** all ingredients in a blender or food processor until smooth, stopping to scrape down sides. Serve immediately.

YIELD: 8 cups. *Nora Henshaw
Okemah, Oklahoma*

FILL YOUR CUP

To improve on a beverage that tastes great, make it fun to drink, too. Try serving punch in a mason jar, a frozen yogurt drink in a sundae dish, or a fruit smoothie in a parfait glass. Add a curly straw, a colorful plastic stirrer, or a mini paper parasol (available at most party stores for under \$1).

Orange Creamsicle

Like the classic ice-cream treat that inspires it, this refreshing shake combines the zest of orange and the rich, smooth flavor of vanilla.

- 1 cup orange juice
- 4 scoops vanilla frozen yogurt

Combine the orange juice and frozen yogurt in a blender or food processor. Blend until creamy. Serves 1.

Pink Flamingo

Naturally sweet, this three-fruit combination is packed with vitamin C and potassium.

- 1 frozen banana
- ½ cup fresh strawberries
- ¾ cup pineapple juice

Combine the fruit and juice in a blender or food processor. Blend until smooth.

Serves 1.



Sun Tea Punch

Here's an iced tea that's just right for kids and adults. It gets its zip from fruit slices and fresh mint — not caffeine!

- 6 to 8 bags of decaffeinated tea
- ½ gallon water
- 4 oranges, 3 juiced and 1 sliced
- 8 lemons, 7 juiced and 1 sliced
- ½ cup honey
- ½ bunch of mint

Combine the tea bags and water in a large glass jar and let them steep in the sun for 3 or more hours. Remove the tea bags. Add the remaining ingredients and stir. Pour into tall, ice-filled glasses. Serves 10.

MAKE THEM SMOOTH

The secret to incredibly creamy smoothies is frozen bananas. Buy them in bulk when they're on sale, peel and cover individually in plastic wrap, and freeze for future use. (They keep up to three months in the freezer.)

Carmen Miranda

Half the fun of making this concoction is deciding which fruits to drop in. It's also the perfect choice if you happen to have leftover fruit salad.

- 1 frozen banana
- 2 cups fresh fruit (such as grapes, strawberries, blueberries, raspberries, pear and apple slices, kiwi)
- $\frac{3}{4}$ cup orange, pineapple, or white grape juice

Combine the fruit and juice in a blender or food processor. Blend until smooth. Serves 1.

Bee Sting

If your kids like their lemonade pink, just add a few drops of red food coloring to this recipe.

- 1 cup fresh lemon juice
- $\frac{1}{2}$ cup honey
- 1 quart water
- Frozen lemon slices

Stir together the lemon juice, honey, and water. Pour into tall, ice-filled glasses and garnish with the frozen lemon slices. Serves 5.

Blue Lagoon

With milk as a base, this berry blend is as much a meal as a beverage — just right for serving as a breakfast shake.

- 1 cup fresh blueberries
- 4 scoops vanilla frozen yogurt
- $\frac{1}{2}$ to 1 cup milk

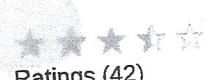
Combine the blueberries, frozen yogurt, and milk in a blender or food processor. Blend until smooth, adding more milk if necessary.

Serves 1.



Mojitos

Weight Watchers Recipe



Ratings (42)

5

PointsPlus
Value

Prep time: 10 min Cook time: 0 min

Other time: 0 min

Serves: 8

Fresh lime juice and mint add to the deliciousness of this Cuban cocktail. We saved time by using frozen limeade for the base.

Ingredients

12 oz frozen limeade concentrate, thawed

1 cup(s) mint leaves, fresh, chopped (plus extra for garnish)

3 medium fresh lime(s), squeeze 2 Tbsp juice and cut 8 wedges for garnish

4 cup(s) ice cube(s), crushed

8 fl oz rum, light-variety (white or silver rum; 1 cup)

16 fl oz seltzer, cold

Instructions

In a medium bowl, combine limeade concentrate, mint leaves and lime juice. Cover and refrigerate at least 2 hours for mint to infuse its flavor; strain to remove any solids.

When ready to serve, run a mint leaf around rim of each glass; fill each glass about halfway with ice. To each glass, add 1 ounce rum, 1 1/2 ounces limeade mixture and 1/4 cup seltzer. Stir in several mint leaves and garnish with lime wedge. Yields 1 drink per serving.

Notes

For a Rosy Mojito, swap thawed frozen cranberry juice concentrate for the limeade (could affect PointsPlus values).



Egg Nog Whipped Cream

Ingredients:

- 1/2 cup Oberweis Egg Nog
- 1/2 cup Oberweis Heavy Whipping Cream
- 1 Tbsp. powdered sugar
- 1/2 Tbsp. vanilla extract
- 1/2 tsp. nutmeg

Directions:

- Whisk the sugar and vanilla extract together.
- Add egg nog, heavy whipping cream, and nutmeg.
- Whip until stiff peaks form, about 2 – 3 minutes.

Great on hot chocolate, pumpkin pie and other holiday favorites!

TOasted ALMOND

3/4 oz. KAHLUA

3/4 oz AMARETTO

1 1/2 oz CREAM

over ice + shake

Hi BALL

Recipe Name Light Egg Nog
Ingredients & Directions Breakfast Shake

- Egg substitute (6 egg equiv.)
3 c. skim milk
1/3 c. sugar
light rum/banana taste
1 t. vanilla
1 c. nonfat vanilla frozen yogurt
1/3 t. ground nutmeg

Blend in blender
Chill 4 hours minimum

Breakfast Shake

~~1 8 oz. low fat yogurt~~

1 med banana, peeled, cut & frozen

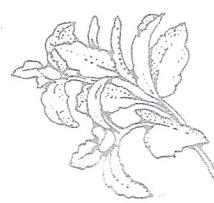
1/2 c. chopped fresh fruit

2 t. honey

Combine, cover, blend.

Makes: 2

16 oz. soft



Traditional Hot Mulled Cider

Ingredients

- 1/2 gallon cider
2 sliced oranges
2 cinnamon sticks
10 whole cloves
1 vanilla bean
1/2 cup brown sugar
1 sliced lemon
5 whole allspice
1 bay leaf
pinch of kosher salt

Place all dry ingredients in bagged and tied cheesecloth. Let flavors simmer in cider, lemon and orange slices for 30 minutes. Pour and enjoy. Serves 8

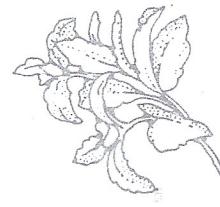
Recipe Name Kahlua
Ingredients & Directions

Recipe Name Pineapple Punch
Ingredients & Directions

(3 c. white sugar
12 t. instant coffee
4 c. water
1/5 vodka
3 t. vanilla extract.
In 19 pan, mix sugar, coffee, & water.
Simmer for 1 hr. Cool. Add vodka &
vanilla. Pour into capped/corked dark
bottles. Kahlua is like good wine. Store 3 mos.
(we did it in 4 four bottles)

Place in a large bowl - 2 c. strong tea
Add: 3/4 c. lemon juice
2 c. 6j
2 T lime juice
1 c. sugar
leaves from 12 sprigs mint
Place on ice for 2 hours. Strain & add:
8 slices candied pineapple w/slice
2 pints cold ginger ale
At pints carbon H₂O
crushed ice

Excellenx



one year
as we gave these
presents these
good. Really

PAGE

PAGE

PAGE

Time: @ 7 min

WHAT'S COOKIN?

Serves: 2

From the kitchen
of:

Chai Tea

1 black tea bag such as orange pekoe,
English Breakfast, Ceylon or Darjeeling.

1 3 inch piece stick cinnamon.

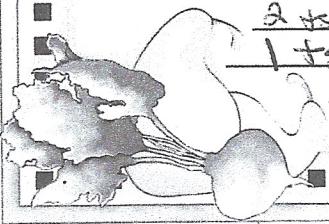
2 cups milk (I use Unsweetened Almond Milk)

2 Tbsp raw sugar or honey (This seemed too
much to me so I used 2 pkts Splenda, you could use
2 tsp agave syrup or just use less sugar (2tsp)

1 tsp vanilla, $\frac{1}{8}$ tsp ground ginger

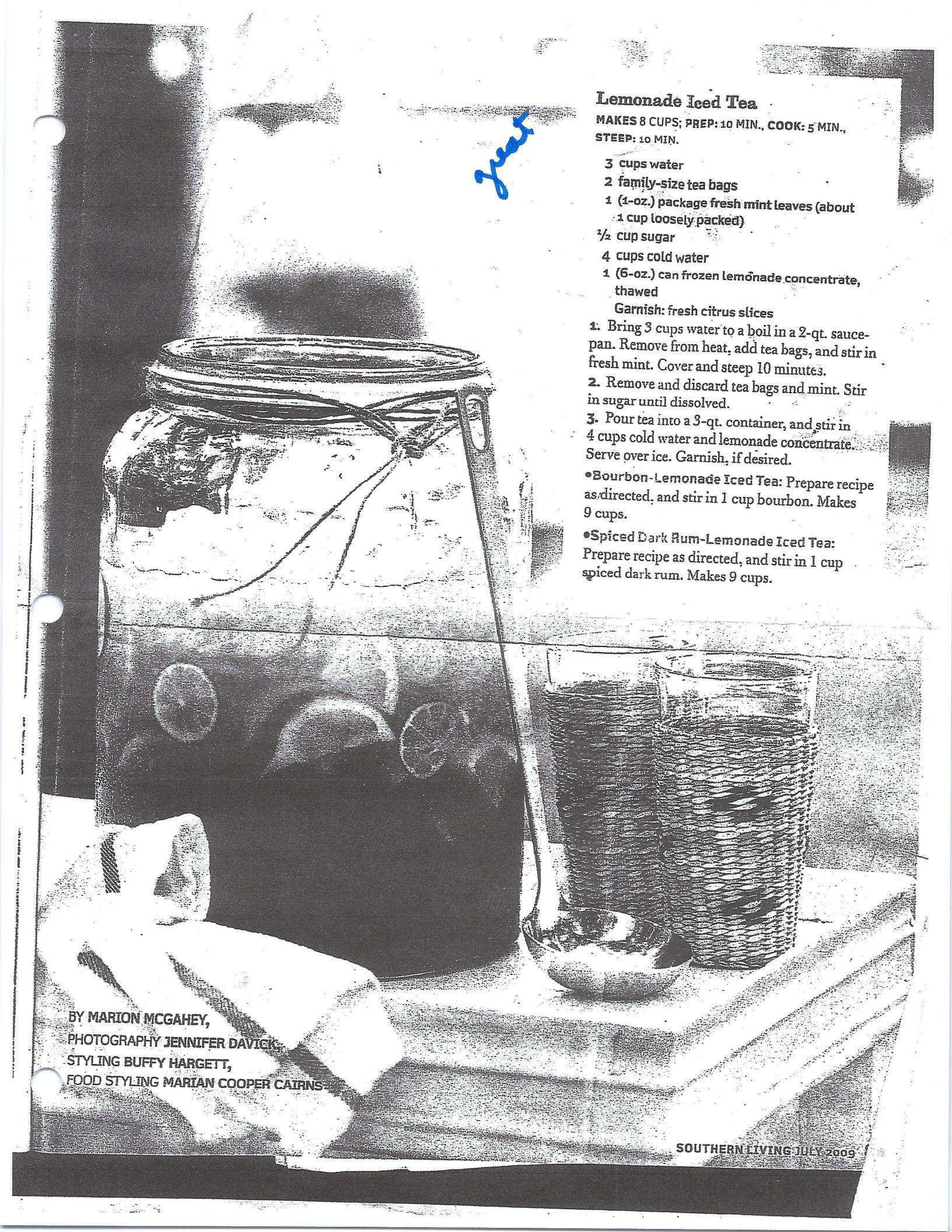
$\frac{1}{8}$ tsp ground cardamom

(over)



In a small saucepan, combine tea bag, cinnamon stick and $\frac{1}{2}$ cup water. Bring to boiling and remove from heat. Cover with a lid and allow to stand for 5 minutes. Remove lid and discard tea bag and cinnamon stick. Stir the milk, sugar, vanilla, ginger and cardamom into the tea mixture. Cook and stir over medium heat just until mixture is heated through and steaming. (Do not allow to boil) Pour hot mixture into mugs and serve.

from
Supper club
delicious



Great

Lemonade Iced Tea

MAKES 8 CUPS; PREP: 10 MIN., COOK: 5 MIN., STEEP: 10 MIN.

- 3 cups water
2 family-size tea bags
1 (1-oz.) package fresh mint leaves (about 1 cup loosely packed)
½ cup sugar
4 cups cold water
1 (6-oz.) can frozen lemonade concentrate, thawed
Garnish: fresh citrus slices
1. Bring 3 cups water to a boil in a 2-qt. saucepan. Remove from heat, add tea bags, and stir in fresh mint. Cover and steep 10 minutes.
 2. Remove and discard tea bags and mint. Stir in sugar until dissolved.
 3. Pour tea into a 3-qt. container, and stir in 4 cups cold water and lemonade concentrate. Serve over ice. Garnish, if desired.
- Bourbon-Lemonade Iced Tea:** Prepare recipe as directed, and stir in 1 cup bourbon. Makes 9 cups.
- Spiced Dark Rum-Lemonade Iced Tea:** Prepare recipe as directed, and stir in 1 cup spiced dark rum. Makes 9 cups.

BY MARION MCGAHEY,
PHOTOGRAPHY JENNIFER DAVIGIC,
STYLING BUFFY HARGETT,
FOOD STYLING MARIAN COOPER CAIRNS