

BEVERAGES



CRUSHED ICE

(in a blender)

Fill container with cold water to 2-cup level. Add ice cubes as needed to fill container to 4-cup level. Cover, CRUSH until ice is finely chopped. Pour into sieve immediately and drain. Use for making iced drinks, desserts, and chilling foods in a hurry.



MOCHA FRAPPÉ

1/2 cup cold milk
2 tsps. instant coffee
1/8 tsp. cinnamon
1/2 pint chocolate or vanilla ice cream

Blend.



ORANGE FRAPPÉ

1 (6 oz.) can frozen orange juice concentrate, partially thawed
3 cups cracked ice
3 oz. bourbon, gin or vodka (optional)
(Add a dash of bitters, if you like.)

In blender, GRIND all ingredients about 1 minute or until slushy.
Mound in glasses and serve at once.

COTTAGE CHEESE COCKTAIL

1 cup chilled grape juice
 1/2 cup cottage cheese (cold)
 2 tsps. sugar or honey

Blend and drink.



FRUIT DRINK

1 jar strained fruit
 1/4 oz. juice

Blend.

Use fruits and juices such as:

Bananas, Oranges jc.
 Pears, Apple jc.
 Peaches, Orange jc.
 Pears, Pear Nectar
 Applesauce, Cranberry jc.
 Plums, Grape jc.
 Plums, Pineapple jc.

Apricots, Pineapple jc.
 Applesauce, Apple jc.
 Apricots, Apricot Nectar
 Plums, Peach Nectar
 Peaches, Pineapple jc.
 Bananas, Pear Nectar
 Pears, Orange jc.



NECTAR WITH STRAINED FRUIT

1 (4.5 oz.) jar strained fruit
 1/4 cup nectar

ORANGE JUICE WITH GELATIN

3/4 cup orange juice (or any flavor of juice)
1 tsp. plain gelatin

Dissolve gelatin in 1 tbsp. juice. Add 3/4 cup juice (less 1 tbsp.). Heat until gelatin dissolves. Chill. Blend with wire whip.



PEACH NECTAR

1 cup canned peaches
1/2 cup peach juice
1 cup cracked ice

Blend to desired consistency.



PEAR NECTAR

1 cup pineapple juice
1 cup canned pears
1 cup cracked ice

Blend to desired consistency and strain.

STRAWBERRY NECTAR

1 cup sweet orange juice
3 tbsps. sugar
1 cup fresh strawberries
1 cup cracked ice

Blend to desired consistency and *strain*.



VIRGIN PINA COLADA

1-1/2 cups fresh pineapple
1/2 cup diluted apple juice
1 tsp. coconut extract
1/2 tsp. rum extract
Sugar to taste
2-1/2 to 3 cups ice

Blend together pineapple, apple juice, extracts and sugar until smooth.
Add ice and blend again until smooth and thick.



CHOCOLATE BANANA MALT

1/2 cup Half & Half
1 tbsp. chocolate malted milk
1/2 cup ice cream
1 egg
1 ripe banana

Blend to desired consistency.

CUSTARD NOG

3/4 cup ice cream

2/3 cup eggnog

Blend ingredients together.



CREAMY MILKSHAKE

1/2 cup whipping cream

1/2 cup ice cream

2 tbsps. instant pudding mix (any flavor)

1 tbsp. sugar

(For extra protein add 2 tbsps. dry protein powder.)



EXTRA THICK MILKSHAKE

1/4 cup ice cream

1/2-1 cup pudding

Blend ingredients together.

SPECIAL “INSTANT BREAKFAST” SHAKE

1 pkg. instant breakfast powder
8 oz. milk
2 tbsps. + 2 tsps. instant pudding mix
Blend ingredients together.



STRAWBERRY-BANANA MILKSHAKE

2 cups milk
2 scoops vanilla ice cream
1 banana, peeled and sliced
1/2 cup fresh strawberries, hulled

In blender, LIQUEFY all ingredients 45 seconds. Strain. Pour into 2 tall chilled glasses.



THICK MOCHA SHAKE

2 cups chilled milk
1 pint chocolate ice cream, cubed
1/4 cup chocolate syrup
1 tbsp. instant coffee
Whipped cream

In blender, BEAT all ingredients except whipped cream until well mixed, about 10 seconds. Pour into 4 tall glasses. Top with whipped cream.

APRICOT SMOOTHIE

1/2 cup milk
2 jars strained apricots
1 cup vanilla ice cream

Blend.



BANANA SMOOTHIE

1 cup cold milk
2 ripe bananas
1 cup cracked ice or 1 cup vanilla ice cream

Blend to desired consistency.



COFFEE SMOOTHIE

1 tbsp. instant coffee
1 tbsp. sugar
1-1/2 cups vanilla ice cream

Blend.

DREAMSICLE SMOOTHIE

1-1/2 cups fresh orange juice
1 ripe banana
1 tsp. vanilla
Sugar to taste
2-1/2 to 3 cups ice

Blend together orange juice, banana, vanilla and sugar until smooth. Add ice and blend again until smooth and thick.



MELON SMOOTHIE

1/2 cup diluted apple juice (diluted in half)
1-1/2 cups fresh cantaloupe, peeled and cubed
Sugar to taste
2-1/2 to 3 cups ice

Blend together apple juice, cantaloupe and sugar until smooth. Add ice and blend again until smooth and thick.



MINTED MELON SMOOTHIE

1/2 cup diluted apple juice (diluted in half)
1-1/2 cups honeydew melon, peeled and cubed
Few sprigs of fresh mint
Sugar to taste
2-1/2 to 3 cups ice

Blend together apple juice, honeydew melon, mint and sugar until smooth. Add ice and blend again until smooth and thick.

PEACH SMOOTHIE

1 cup canned peaches
2 cups ice cream - vanilla

Blend.



PINEAPPLE SMOOTHIE

1 cup canned crushed pineapple (blended and strained)
2 cups vanilla ice cream
2 drops peppermint extract

Blend.



STRAWBERRY SMOOTHIE

1/2 cup diluted apple juice (diluted in half)
1-1/2 cups fresh strawberries, washed
Sugar to taste
2-1/2 to 3 cups ice

Blend together apple juice, strawberries and sugar until smooth. Strain.
Add ice and blend again until smooth and thick.

STRAWBERRY JAM SMOOTHIE

1 cup water
1/2 cup dry milk or non-dairy creamer
1/4 cup strawberry jam

Blend and *strain*.

Add 2 cups vanilla ice cream and blend.



TAFFY PEPPERMINT SMOOTHIE

2 cups chilled milk
1/4 cup molasses
2 drops peppermint extract
1/8 teaspoon salt
1 pint vanilla ice cream, cubed
Peppermint sticks to garnish glasses, if desired

In blender, BEAT first 4 ingredients and 1/2 of the ice cream until thick and smooth, 8 to 10 seconds. Add remaining ice cream and BEAT until ice cream is blended in, 5 to 8 seconds.



YOGURT SMOOTHIE

1/2 cup plain yogurt
1 (4.5 oz.) jar strained peaches, apricots, or pears

Blend well. Serve in stemmed glasses.

YOGURT AND MILK BLENDED

3/4 cup smooth yogurt

1 tbsp. milk

Blend.



YOGURT PEACH SMOOTHIE

1 cup canned peaches (drained)

1 cup plain yogurt

Blend.



YOGURT PINEAPPLE SMOOTHIE

1 cup plain yogurt

1 cup crushed pineapple

2 tbsps. sugar

2 drops lemon extract.

Blend.

YOGURT STRAWBERRY SMOOTHIE

1 cup frozen strawberries with juice

1 cup yogurt (plain)

Honey or sugar to taste

Blend and strain.



It takes both rain & sunshine
to make a rainbow.

HELPFUL HINTS BEVERAGES

Time Savers:

1. Canned liquid supplements are excellent to help maintain weight (i.e., Ensure, Ensure Plus, Nutriment, Sustacal, Isocal). Pour 4 to 6 ozs. in your blender, add a heaping tablespoon of frozen custard, add fruit and you have a delicious milkshake (bananas or any of the berries are excellent). Always mash berries through a strainer first. The tiny seeds in strawberries, raspberries, and even blueberries can cause choking.
2. Use Enrich supplement to add fiber while increasing calories and protein.

Did You Know...

1. Corn syrup mixes better than sugar.

To Increase Fluids, Try:

1. Frozen Coke
2. Fruit ice
3. Thick milkshakes
4. Lemon flavored thick slush drinks

Good Thickening Agent:

1. Add puréed fruits and vegetables to fruit and vegetable juices to achieve the appropriate consistency needed.

NOTES:
