

Refreshing Drinks Recipes

Rolling Hills Library

Summer 2018

Chocolate Peanut Butter Smoothie

Beamingbaker.com

4 medium bananas, sliced and frozen

1 ½ cups almond milk

¼ cup peanut butter

2 tablespoons cocoa

½ teaspoon cinnamon

Add bananas into the blender, blending until crumbly. Add almond milk. Blend until smooth and creamy, scraping down the sides as needed. Add peanut butter, blend til smooth. Add cocoa powder and cinnamon, blending until well incorporated, scraping down sides as needed. Pour into 2 cups and enjoy.

Optionally, top with cinnamon, chocolate, coconut whip or peanut butter. Makes about 4 cups.

Doubleberry Agua Fresca

HyVee Balance magazine, May 2018

2 ½ cups cold water

½ cup fresh or frozen raspberries

½ cup fresh or frozen strawberries

Agave nectar or other sweetener

Puree ingredients in blender until smooth. Serve over ice. 4 servings.

Favorite Green Smoothie

Green Smoothie Revolution

3-6 leaves kale, depending on size

1 banana

1 apple

1/2 inch fresh gingerroot

2 cups water

Place all ingredients in blender and process until desired consistency. Makes 1 quart.

Flying Fairbrother

10,000 Drinks

2 parts grapefruit juice

1 part orange juice

1 part cranberry juice cocktail

Splash honey

3 parts ginger ale

Collins glass

Build over ice and stir.

****A collins glass is a glass tumbler which typically will contain 300 to 410 millilitres. It is used to serve mixed drinks, especially Tom Collins or John Collins cocktails. It is cylindrical in shape and narrower and taller than a highball glass.*

Grape Blueberry

Super Smoothies

1 1/2 cups grape juice

1 1/2 cups blueberries

1/2 cup plain yogurt

1/2 banana

In a blender, or with a hand blender, puree all ingredients until smooth. 2 servings.

Mango Darjeeling Tea

Delicious Living, July 2012

- 2 tablespoons loose Darjeeling tea
- 4 cups just-boiled water
- 2 cups mango nectar
- Pineapple slices to garnish, if desired.

Steep tea in water 2-3 minutes, then strain. Stir in nectar and chill. Garnish with pineapple slices. Makes 6 cups.

Pumpkin Pie Smoothie

Superjuicing

- 1/2 cup baby carrots
- 1/3 cup extra-firm silken tofu
- 4 tablespoons almond milk
- 6 tablespoons water
- 1/2 cup canned pumpkin
- 2 tablespoons walnuts
- 1 teaspoon honey
- 1/2 teaspoon cinnamon

Place carrots, tofu, almond milk and water in blender and process. Add pumpkin, walnuts, honey and cinnamon; pulse several times until of desired consistency.

Makes 1 3/4 cups, about 2 servings.