

Summer Sips

p. 83



AGUA FRESCA

QGMV

Active 10 to 15 min.,
depending on fruit

Total 10 to 15 min.,
depending on fruit

- 1 lb fresh fruit, hulled, rind, seeds and pits discarded (try strawberries, mango, watermelon, cantaloupe, pineapple, honeydew)
- 1 to 4 cups water
- 2 to 4 Tbsp sugar
- 2 to 4 Tbsp fresh lime juice

1. In blender, puree fruit with 1 cup water and 2 Tbsp each sugar and lime juice until completely smooth.
2. Pour mixture through strainer set over large measuring cup or bowl. Use spoon to help mix so it continues to strain, pressing gently on pulpy solids to get all fruit juice out.
3. Transfer mixture to pitcher and add 2 cups remaining water, skimming and discarding any foam that rises to top. Add more water if mixture seems thick and adjust with additional sugar and lime juice as desired. Serve over ice.

MAKES 6 TO 8 SERVINGS.

Transform It: Pour strained undiluted juice mixture into ice cube trays to fill halfway and place in freezer 2 hr. or overnight. Once frozen, fill remaining space in ice trays with different juice and freeze another 2 hr. until frozen.



PINEAPPLE-CUCUMBER SMOOTHIE

QGMVQ

Active 5 min. | Total 5 min.

- 1 Persian cucumber, chopped
- 1 frozen banana, halved
- 1 cup frozen pineapple chunks
- 1 cup baby spinach
- ½ cup plain Greek yogurt
- 1 Tbsp fresh lemon juice
- ¼ cup unsweetened almond milk or water

In blender, puree all ingredients until smooth.

SERVES 2 About 180 cal, 4 g fat (1.5 g sat), 8 g pro, 60 mg sodium, 31 g carb, 4 g fiber

PEACH-MANGO SMOOTHIE

QGMVQ

Active 5 min. | Total 5 min.

- 1 cup frozen sliced peaches
- 1 cup frozen mango chunks
- ½ cup plain Greek yogurt
- ⅓ cup coconut water

In blender, puree all ingredients until smooth.

SERVES 2 About 155 cal, 3 g fat (1.5 g sat), 7 g pro, 35 mg sodium, 26 g carb, 3 g fiber

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PINEAPPLE-CUCUMBER SMOOTHIE **QGMVQ**

Active 5 min. | Total 5 min.

- 1 Persian cucumber, chopped
- 1 frozen banana, halved
- 1 cup frozen pineapple chunks
- 1 cup baby spinach
- 1/2 cup plain Greek yogurt
- 1 Tbsp fresh lemon juice
- 1/4 cup unsweetened almond milk or water

In blender, puree all ingredients until smooth.

SERVES 2 About 180 cal, 4 g fat (1.5 g sat), 8 g pro, 60 mg sodium, 31 g carb, 4 g fiber

PEACH-MANGO SMOOTHIE **QGMVQ**

Active 5 min. | Total 5 min.

- 1 cup frozen sliced peaches
- 1 cup frozen mango chunks
- 1/2 cup plain Greek yogurt
- 1/3 cup coconut water

In blender, puree all ingredients until smooth.

SERVES 2 About 155 cal, 3 g fat (1.5 g sat), 7 g pro, 35 mg sodium, 26 g carb, 3 g fiber