



Cool Summertime Beverages



Cool Summer Sipper (2 servings)

- 1 tray crushed ice
- 1 ripe banana
- 3 teaspoons vanilla
- 3 Tablespoons sugar or equivalent sugar substitute



In blender, whip the ingredients for 1 to 2 minutes. For variety, substitute crushed pineapple, fresh strawberries or blueberries for the banana.

Nutrition Facts (per serving): Calories 90 ~ fat 0 ~ calories from fat 0 ~ sodium 5 mg ~ total carbohydrate 22 g

Sparkling Fruit Juice

- 1 can frozen juice (any size)
- Sparkling water

Reconstitute with sparkling water instead of tap water. Mix in large pitcher and serve cold. Best if made the night before so it can be cold enough or chill sparkling water before making juice.

Note: Sparkling water is usually found next to the soda and carbonated beverages in the grocery store.



Fruit-Flavored Ice Cubes

Freeze fruit juice in your ice cube trays. Add to cold water for a special treat.

Strawberry-Yogurt Drink (4 servings)

- 1 cup fresh or frozen unsweetened whole strawberries
- 1 cup buttermilk
- 1 8-ounce carton plain low fat yogurt
- 1 ripe banana, cut-up
- 8 ice cubes



Thaw strawberries, if frozen. In blender combine strawberries, buttermilk, yogurt, banana, and ice cubes. Cover and blend until smooth.

Nutrition Facts (per serving): Calories 110 ~ fat 2g ~ calories from fat 15 ~ sodium 110 mg ~ total carbohydrate 18 g

Orange-Peach Refresher (2 servings)

2 medium peaches or 3 medium apricots
1 cup orange juice
1/4 cup nonfat dry milk powder
8 ice cubes



Peel and pit peaches or apricots. In blender container combine fruit, orange juice, milk powder, ice cubes. Cover and blend until smooth.

Nutrition Facts (per serving): Calories 140 ~ fat 0 ~ calories from fat 0 ~ sodium 20 mg ~ total carbohydrate 33 g

Frothy Apple Cooler (4servings)

1 1/2 cups apple juice, chilled
1/4 cup nonfat dry milk powder
1/4 teaspoon cinnamon
3 ice cubes



In blender combine apple juice, milk powder, cinnamon and ice cubes. Cover and blend until smooth. Serve immediately.

Nutrition Facts (per serving): Calories 50 ~ fat 0 ~ calories from fat 0 ~ sodium 10 mg ~ total carbohydrate 12 g

Banana-Orange Drink (4 servings)

1 1/2 cups skim milk
1 cup orange juice
1 cup orange sherbet
2/3 cup mashed ripe banana



In blender combine milk, orange juice, orange sherbet and mashed banana. Blend until smooth. Serve immediately.

Nutrition Facts (per serving): Calories 160 ~ fat 1.5 g ~ calories from fat 10 ~ sodium 75 mg ~ total carbohydrate 35 g



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