

## SUMMER TIME TREATS

### Raspberry, banana and peach smoothie

From Juices and Smoothies by Suzannah Oliver and Joanna Farrow

1 large ripe peach  
1 small banana  
¾ cup fresh or frozen raspberries (blend well to get rid of seeds) or use blueberries  
Still or sparkling water  
Ice cubes

Roughly chop peach, break banana into pieces and put both fruits in a blender or food processor. Blend until smooth. Add raspberries and blend until smooth. Pour into glasses and top with mineral water. Add ice cubes.

### Say Yes To Sorbet

Adapted from The Sneaky Chef by Missy Chase Lapine

1 ½ cups frozen strawberries, blueberries, or cherries  
½ c .pomegranate juice  
A little bit of agave nectar

Puree all ingredients in food processor on high – hold on tight – the first few seconds are a bit rough until the mixture smooths out.

### Banana Ice Cream

Blend together 1 frozen banana (peeled) with a scoop (about a tablespoon) of nut butter. Blend well and eat immediately.

### Berry Cherry Lemonade

From Smoothies and other scrumptious delights, by Elysa Markowitz

Blend in a smoothie:  
1/3 cup fresh lemon juice  
2-3 Tbsp tart cherry concentrate  
1/3 c. frozen raspberries  
1 Tbsp raw honey (or other natural sweetener)  
6-8 ice cubes  
1 cup water  
2 drops essential oil of mint (optional)

### Berry Sweet Sorbet

From Smoothies and other scrumptious delights, by Elysa Markowitz

Blend in a blender:

1 frozen banana (freeze without peel, wrapped in tinfoil)  
¼ cup frozen raspberries  
1 TBSP tart cherry concentrate  
1 tsp lemon zest



## **Fruit and Cream Pops**

- 1 cup (c.) fruit juice of your choice (preferably organic)
- 1 cup whole milk or half and half (made from milk from grass-fed cows of course)
- 1 teaspoon (tsp.) honey
- 1/2 teaspoon (tsp) vanilla
- Popsicle sticks

Mix together fruit juice and cream. Stir in honey and vanilla until juice mixture is well blended. Pour mixture into molds or cups to freeze. When slightly firm insert popsicle sticks. Freeze until solid.

**The following two recipes are adapted from [www.foodfit.com](http://www.foodfit.com)**

## **Tropsicles**

This recipe serves: 8

1 banana  
1 cup chopped, peeled, pitted mango  
1/2 cup pineapple juice  
1/2 cup coconut milk  
agave nectar to taste  
1 tablespoon fresh lime juice

1. Combine the banana, 3/4 cup of the mango, pineapple juice, coconut milk, agave and lime juice in a blender and puree until smooth.
2. Transfer the mixture into a glass measuring cup and then pour the mixture into the popsicle molds. Drop a few pieces the remaining mango into each mold.
3. Snap the lids on the molds into place and insert a wooden popsicle stick through the opening in each lid.
4. Freeze overnight. (These can be made in advance and stored in the freezer.)
5. To unmold, unsnap the lid and gently squeeze the bottom and sides of the mold with one hand, while pulling the stick with the other. If the pops don't come out easily, run the molds under warm water for 5 seconds and then remove the pops.

**Serving Size:** 1, 3-ounce popsicle

## Wild Berry-Passion Popsicles

This recipe serves: 8

3/4 cup raspberries

3/4 cup blackberries

1 1/4 cups passion fruit or pineapple juice

agave nectar to taste

1. Combine the raspberries, blackberries, passion fruit or pineapple juice, and agave in a blender and puree until smooth.
2. Strain the mixture into a glass measuring cup, pressing with a rubber spatula to extract as much liquid as possible. Pour the mixture into the popsicle molds.
3. Snap the lids on the molds into place and insert a wooden popsicle stick through the opening in each lid.
4. Freeze overnight. (These can be made in advance and stored in the freezer.)
5. To unmold, unsnap the lid and gently squeeze the bottom and sides of the mold with one hand, while pulling the stick with the other. If the pops don't come out easily, run the molds under warm water for 5 seconds and then remove the pops.