

# Delicious & Healthy

## Chill Out This Summer With These Fun Drinks

(NAPSA)—Fresh fruit is a naturally refreshing way to keep cool when warmer weather arrives. With a little creativity—and a blender—you can make these delectable delights even more fun to eat (and drink).

For example, Fruit Meltdown Popsicle Treats are a light, fruit-filled pick-me-up that can be enjoyed at any time of day. In a Tropical Shake, the combination of rich, smooth ice cream, fruit flavors and a hint of zesty lime will make your backyard feel like a tropical paradise. For a drink with more of a kick, try a succulent Peach Twist.

These summer drinks are all easy to make, and taste great.

### Fruit Meltdown Popsicle Treats

*Serves 10*

- 2 cups strawberries or favorite fruit (e.g., chopped honeydew melon, cantaloupe, pineapple or raspberries)**
- 1 cup cold water**
- $\frac{1}{3}$  cup sugar**
- $\frac{1}{4}$  cup ReaLemon Lemon Juice from Concentrate**
- 10 (3 oz.) paper cups**
- 10 popsicle sticks**

1. Place strawberries, water, sugar and lemon juice in blender; blend until smooth.

2. Pour mixture into cups, filling until almost full.

3. Place cups on tray and freeze 30 minutes or until just firm.

4. Place sticks into the middle of each cup. Continue to freeze until solid.

5. Remove cups and serve.

### Tropical Shake

*Serves 3*

- 2 cups vanilla ice cream**
- 1 mango or papaya, peeled, seeded and cut up**



**Fruity popsicle treats can be a cool way to beat the heat.**

- 1 small banana, cut up**
- $\frac{1}{4}$  cup ReaLime Lime Juice from Concentrate**
- 1 cup ice cubes**
- $\frac{1}{4}$  cup water**

1. Combine ice cream, cut-up mango or papaya, banana and ReaLime in blender container; cover and blend until smooth.

2. Add ice cubes and water; cover and blend until frothy. Garnish with mango or papaya slices, toasted coconut and/or edible flowers, if desired.

### Peach Twist

*Serves 4*

- 2 cups chopped fresh or canned peaches**
- 2 cups orange juice**
- 2 cups vodka or dry gin (optional)**
- $\frac{1}{3}$  cup ReaLime Lime Juice from Concentrate**
- $\frac{1}{3}$  to  $\frac{2}{3}$  cup sugar**
- 1-2 cups crushed ice or ice cubes**

Place peaches, orange juice, vodka, ReaLime and sugar in blender, blend until smooth. Add ice; continue to blend until well combined. Serve immediately.