

## *Mixed Berry Smoothie*

1 cup blueberries	1/2 cup raspberries
1 cup strawberries, sliced	1 1/2 cups milk of choice
1/2 cup blackberries	1 cup plain Greek yogurt

Put fruit in a freezer bag. Seal and store in freezer for up to 8-12 months.

When ready to use, put milk, Greek yogurt, and frozen fruit into a blender and mix until consistency is smooth.

## *Watermelon Lemonade*

3 cup seedless watermelon, cut into cubes	Lemonade mix
4 cups <i>cold</i> water	2 Tbsp. sugar (or other sweetener)

Add cubed watermelon to blender; puree until smooth. Strain watermelon to remove any pulp; pour juice back into blender. Add 10 ice cubes, 4 cups water (or enough to make 8 cups of liquid total), and lemonade mix measured to make 2 quarts of lemonade (it will vary by brand). Blend ingredients until combined. Taste the lemonade and add 1-2 Tbsp. of sugar (or other sweetener), if desired.

## *Tropical Refresher*

2 1/2 cups 100% pineapple juice  
1 cup 100% orange juice, no pulp  
1 cup sparkling mineral water, orange flavored  
3 springs of fresh mint

Mix well and then chill in the refrigerator before serving. This will allow the flavors to meld nicely before serving.