

taratsp.

Drinks &
Smoothies

Power Play
my favorite blenders

COCKTAIL
hour favorites

Marvelous Mocktails
for the whole family

Garnish
like a pro!



Protein Booster Almond-Banana Smoothie

I kept this smoothie healthy with low-fat milk and just a touch of honey. Silken tofu, almond butter and hemp seeds boost the protein in this breakfast and after-workout drink.

In a blender combine 2 **bananas**, 1/2 cup **silken tofu**, 1/2 cup 1% **milk**, 2 tbsp **almond butter**, 3/4 tsp **cinnamon**, 2 tbsp **hemp seeds**, 1 tsp **vanilla extract**, 2 tbsp **honey** and 1 cup of **ice**. Blend until smooth. Sprinkle with extra cinnamon and drink immediately. Serves 2



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Concord Grape and Elderflower Spritzer

An aromatic summer drink is a glorious sip for everyone. Replace the sparkling water with champagne or sparkling wine for an adult cocktail.

*Fill a glass with **ice** and sliced **frozen grapes**. Add 2 tbsp **concord grape juice**, 2 tbsp **elderflower syrup***, and 1 cup cold **sparkling water**. Stir and serve.*

Makes 1 Mocktail

**Order elderflower syrup <http://amzn.to/2sZ4l15>*

It's Going Grape!

Whether you love green, red or black grapes, I've got some info you'll be grape-ful to have.

- Freeze grapes for mini frozen snacks. They're also fantastic as "ice" in drinks like my Concord Grape and Elderflower Spritzer.
- If you're not freezing your grapes, store them in the fridge, unwashed and dry; rinse before eating.
- Grapes absorb other flavors on the counter or in the fridge; so keep them away from those onions and bananas!
- White bloom on grapes is good! It's naturally occurring and protects them from decay.



Tropical Vacation Mango Smoothie

It feels like you're sitting on the beach when you drink this coconutty sip. Packed with calcium, protein, and vitamin C – a whole orange boosts the healthy fiber for a great start to your day.

*In a blender combine 1½ cups fresh or frozen **mango**, ¾ cup **coconut yogurt**, 1 whole **orange**, peeled, ½ cup **orange juice**, 1½ cups ice. Blend until smooth.*

*Garnish with an **orange slice** and drink immediately. Serves 2*



GARNISH like a pro!

No more paper umbrellas!

- For a **lemon curl** use a vegetable peeler. Peel the lemon in a circular motion for a good curl, instead of a straight strip.

- Use **whole herb sprigs** in place of a stir stick. And beauty doesn't have to be on the rim, **slices of fruit** mixed with the ice are also considered garnishes.

Earl Grey Glory Cocktail

A sophisticated sip with a slightly sweet finish.

In a pitcher stir together 2 cups **brewed and chilled Earl Grey tea**, $\frac{1}{2}$ cup **simple syrup** (recipe below), 6 **tbsp fresh lemon juice** and $\frac{1}{4}$ cup **rum**. Pour over **large ice cubes** in cocktail glasses. Garnish with a **lemon curl**

Simply Syrup

To make simple syrup simmer equal parts **sugar** and **water** in a saucepan until the sugar dissolves. Cool before using.



Blueberry Ginger-Sizzle Smoothie

This delicious drink gives you a little spicy boost from zesty ginger. It's packed with healthy pomegranate and antioxidants.

In a blender combine 2 cups fresh or frozen blueberries, 1½ tsp fresh **grated ginger** (or a ¾-inch knob), ¾ cup **POM Wonderful juice**, ¾ cup **low-fat vanilla yogurt**, 2 tsp **flax seeds**, 1 **tblsp honey**, or **agave** , ½ cup or 4 **ice cubes**. Serves 2

Crazy Healthy!

There are excellent reasons this smoothie is great at the start of your day, or after a workout.



I add POM Wonderful 100% Pomegranate Juice, the **antioxidant superpower**, because an 8 oz bottle contains juice from two whole pomegranates, and nothing more – **no added sugar** or artificial ingredients and as much **muscle-friendly potassium** as one medium sized banana.

With the refreshing flavor of POM Juice, blueberries and a hint of ginger, this fresh smoothie is the perfect drink!



Kumquat Thyme Cocktail

Sophisticated and aromatic, this unique cocktail is easy to make at home. You'll find yourself using the delicious simple syrup for more than just a drink! Try it drizzled on fruit or stirred into yogurt.



1½ oz Bourbon
1 tbsp Kumquat Thyme simple syrup (see recipe below)
1 tsp fresh lemon juice

Stir together Bourbon, simple syrup & lemon juice in glass. Add a large ice cube, garnish with kumquat slices and a thyme sprig. Makes 1 cocktail

Simple Syrup

Mix 3 thyme sprigs, 10 sliced kumquats, 1 cup sugar and 1 cup water in a small saucepan. Stir over medium heat until sugar dissolves. Set aside to cool. Can be stored refrigerated up to 1 week.

FREEZE PLAY

Some cocktails taste best with the slow melt of a giant ice cube. Try a square, or novelty mold!



Tovolo Sphere Ice Molds \$10,
<http://amzn.to/2sBfP6x>



Star Wars Ice Mold \$16,
<http://amzn.to/2spi5Oq>



Diamond Silicone Mold \$9,
<http://amzn.to/2t337uH>

Hide Your Veggies Healthy Smoothie

Hide your kids, hide your wife! No wait! Hide the veggies in your smoothie. If your family is picky, they will love this delicious drink that tastes like a fruit shake, but is a healthy refreshment.

*Soak 1 tbsp **chia seeds** in $\frac{1}{4}$ cup **water** for 20 minutes. In a blender combine $\frac{1}{2}$ cup drained **canned beets**, $\frac{1}{2}$ an **orange**, peeled, $\frac{3}{4}$ cup fresh or **frozen strawberries**, the chia seeds and water, $\frac{1}{2}$ cup **carrot juice** and 1 cup **ice**. Blend until smooth. Enjoy immediately. Serves 2*



Green Goddess Smoothie

A Green Goddess Smoothie makes you feel like just that, a goddess! Packed with spinach and vitamin-rich fruit, it's a fresh way to start your day, or finish a workout.



- 2 cups packed spinach
- 3/4 cup fresh or frozen mango
- 3/4 cup fresh pineapple
- 3/4 cup grapes
- 1/2 cup orange juice
- 2 tbsp flax seeds
- 3/4 cup water

Place all ingredients in a blender and process until smooth. Use frozen fruit for a thick, icy texture or add water if you like your smoothies thinner.

Serves 1

A good blender is key to the most delicious, smooth drinks. A powerful motor allows a blender to puree whole fruits and veggies, ice and even nuts into creamy, dreamy drinks.



Nutri Ninja Blender Duo with Auto-iQ

Pulverize ice to snow and fruits and veggies to nutrient-dense drinks with this 1500-watt smart iQ blender. \$230: <http://amzn.to/2sAFMTN>



Vitamix Pro Series 750

This commercial-grade, powerhouse machine blends to perfection. Look for factory refurbished versions online for a lower price. \$570: <http://amzn.to/2rw4DDB>



Hamilton Beach Power Elite

A 700-watt multi-function blender with a cool no-mess pour spout. Perfect for your smoothies and frozen drinks for under \$30: <http://amzn.to/2soVXTG>

Peach Ginger Fizz

This bright mocktail touts the zing of fresh ginger. Make an adult version by swapping the sparkling water for champagne or sparkling wine.

1. Rim a glass with **sugar** (see tip on page).
2. To the glass of ice add $\frac{1}{8}$ tsp grated **fresh ginger**, $\frac{1}{2}$ cup **chilled peach nectar** and $\frac{1}{2}$ cup **chilled sparkling water**. Stir with a cocktail stirrer. Serve immediately. Makes 1 mocktail

Sips that Sparkle!

Rimming glasses with salt or sugar both add flavor to your cocktails as well as a pretty garnish and sparkle. The best way to do it is rub the cut side of a lemon or lime around the rim to get it wet, then gently dip it in a dish of your salt or sugar. For my Peach Ginger Sparkler I used sliced ginger in place of citrus on the rim! I upped the sparkle by using crunchy crystal sugar as well.



The Perfect Pina Colada

My secret is orange juice! You wouldn't think that should be in a pineapple and coconut drink, but the tangy taste brings out the flavors of all the ingredients.

*Fill blender half full of ice. Add $\frac{3}{4}$ cup **orange juice**, $2\frac{1}{4}$ cups (18 oz) **pineapple juice**, $\frac{3}{4}$ cup **cream of coconut**, $\frac{1}{2}$ cup **heavy cream**, $\frac{1}{2}$ tsp **rum extract** (optional). Blend until very smooth. Garnish with a **pineapple slice** and **toasted coconut**; drink immediately. Serves 4*

