



Slushes, Punches, Lattes

Fruit Slush

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| 1 6-oz. can orange juice concentrate | 1/3 cup halved maraschino cherries with juice |
| 1 6-oz. can lemonade concentrate | 2 firm bananas, sliced |
| 3 or 4 juice cans water | 2 10-oz. boxes frozen strawberries, thawed |
| 2 20-oz. cans crushed pineapple with juice | |

Stir all ingredients together and freeze in 9 x 13 inch pan or ice cream bucket. Remove from freezer a few minutes before serving. To serve, put scoop of slush in glass and fill glass with 7-Up or Squirt.

Mary Jessen, Holabird

Banana Slush Punch

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| 7-8 bananas | concentrate |
| 2 12-oz. cans of orange juice concentrate | 1 46-oz. can of pineapple juice |
| 1 12-oz. can of lemonade | |

Blend bananas with all ingredients above. Bring to boil 6 cups water and 3 cups sugar. Cool. Combine banana mixture with sugar water. Freeze. At the time of serving, mixture should be slushy. Add two 2-liter bottles of Sprite or Fresca to the banana/water mixture and serve.

Julie Hummel, Hawarden, IA

Seasonal Punch

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| 12-oz. can frozen orange juice | 4 quarts water |
| 12-oz. can Frozen Lemonade | 3-3/4 cups sugar |
| 4 pkgs. Koolade, any flavor | 2 Liters 7-Up (or Diet 7-Up) |

Mix orange juice, lemonade, Koolade, water and sugar, store in fridge to keep cold. Also refrigerate the 2 liters of 7-Up. Prior to serving - pour in the 2 liter of 7-Up and gently stir to mix. You can use any color Koolade, maybe green for Easter, red for 4th of July, Labor Day and Christmas, and orange for Halloween. Refreshing punch goes well with meals or anytime of day.

Pam Conn, Sioux Falls

Spiced Cocoa Mix

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| 1/4 cup cocoa | 1/2 cup nondairy powdered creamer |
| 1 cup powdered sugar | 3/4 tsp. cinnamon |
| 2 cups nonfat dry milk powder | 1/2 tsp. nutmeg |

Sift powdered sugar and cocoa together. Add remaining ingredients. Mix well. For each serving, use 1/3 cup mix and 3/4 cup boiling water. Stir. May add a teaspoon of coffee crystals, a dollop of whipped cream, or a teaspoon of liquid flavored coffee creamer.

Elaine Rowett, Sturgis

Creamy Hot Chocolate

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| 1/2 cup dry baking cocoa | 7-1/2 cups water |
| 14-oz. can sweetened condensed milk | 1-1/2 tsp vanilla |
| 1/8 tsp salt | |

Mix cocoa, milk, salt into a crock pot. Add water gradually, stirring into smooth. Cover and cook on high 2 hours, or low 4 hours. Stir in vanilla before serving.

Melissa Roerig, Sioux Falls

Chocolate Latte

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| 1/2 cup hot brewed coffee or 2 shots espresso | 2 teaspoons cocoa nibs |
| 1 Premier Protein 30g High Protein Chocolate Shake | |

In large 14-16-oz. mug, prepare espresso or coffee. Pour chocolate shake on top to combine. Top with cocoa nibs.

www.premierprotein.com

Please send your favorite casserole recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2021. All entries must include your name, mailing address, telephone number and cooperative name.