

# LIP-SMACKING BEVERAGES

## BLUEBERRY BANANA SMOOTHIE

### Ingredients:

1 cup spinach  
1/2 cup water  
2 tbsp. apple cider vinegar  
1 tbsp. almond butter  
1/2 cup bananas, frozen  
1/2 cup blueberries, frozen  
1 tbsp. chia seeds  
1/4 tsp. ground cinnamon  
1/4 tsp. minced ginger  
1/2 cup berry yogurt  
fresh blueberries, for garnish (optional)  
Ground black pepper to taste

### METHOD

In blender, blend spinach, water, apple cider vinegar, almond butter, frozen bananas, frozen blueberries, chia seeds, cinnamon, ginger and yogurt until smooth. Pour into two glasses and garnish with fresh blueberries, if desired.

[culinary.net](http://culinary.net)

## FRENCH ICED COFFEE

### Ingredients:

3 cups strong coffee  
2 cups sugar  
1 pint cream or half & half  
1 qt. milk or almond milk  
2 tsp. (vanilla) flavoring (other flavorings also work)

### METHOD

Dissolve sugar in hot coffee. Cool. Add other ingredients. Pour into containers (I use the tall 2 c. Tupperware for individual drinks, but also use quarts.) Freeze. Take out and let thaw.

**Ruth Schilberg, Viborg**

## SWAMP WATER

### Ingredients:

1 small package lime gelatin  
1 cup hot water  
1 (12-oz.) can frozen unsweetened pineapple juice concentrate  
2 liters carbonated water

### METHOD

Mix lime gelatin with hot water to dissolve. Add frozen concentrate and carbonated water. Chill. Makes 10 servings.

**Lily Gums, Clear Lake**

## FRUIT SLUSH

### Ingredients:

4 cups sugar (granulated)  
6 cups water  
1 46 oz. can pineapple juice  
2 12 oz. cans frozen orange juice  
1 12 oz. can frozen lemonade (pink or yellow)  
2 small bananas, mashed very fine (or other fruit)

### METHOD

Mix and bring to a boil the sugar and water. When mixture is cool, add juices and fruit. Put in 5-quart pail and freeze. When frozen, use 2-3 scoops in a glass with 7-Up or ginger ale. Great drink for spring or summer.

**Alana Neville, Milesville**

## STRAWBERRY SMOOTHIE

### Ingredients:

2 cup fresh strawberries, stemmed & halved  
1 cup plain yogurt  
1/2 cup ice cubes or chips  
1/2 tsp. ground cardamom  
1/4 tsp. ginger

### METHOD

In a blender, combine all ingredients. Blend on high speed until smoothie texture. Makes 2-12 oz. glasses.

**Jane Ham, Rapid City**

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