

# 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.**