

Sippin' Soda

Lemonade

Ingredients:

- 1 cup fresh squeezed lemon juice
- 2 quarts water
- 2 ½ Tbs honey

Directions:

1. Mix honey and water, stir until dissolved.
2. Squeeze the lemons to make 1 cup of juice, add and stir.

Sangria

Ingredients:

- 1 quart grape juice
- Juice of 2 oranges
- Juice of 1 lemon
- 1 orange, washed then sliced thin
- ½ lemon washed then sliced thin
- 1 quart carbonated water
(club soda, mineral water)

Directions:

1. Mix all ingredients and chill.

Orange Chiller

Ingredients:

- 1 cup nonfat dry milk powder
- 2 cups water
- 1 cup ice
- 1 cup water
- 1 (6 ounce) can of frozen orange juice concentrate
- 1 Tbs sugar

Directions:

1. Mix together well. Should be stirred before serving.

Tropical Smoothie

Ingredients:

- 6 Bananas
- 3 cups Plain Yogurt
- 3 cups Orange or Pineapple Juice
- 10 Ice Cubes
- 1 ½ cup Water
- 2 Tbs Sugar
- 1 ½ cup Fruit (your choice)

Directions:

1. Blend all ingredients together in a blender. You will have to do a couple batches to get it all blended.

Liquado Drinks

Ingredients:

- Choose one:
- ½ watermelon seeded and cut off rind
- 1 cantaloupe
- 2 baskets strawberries
- ½ pineapple

Directions:

1. Blend in blender with 2 cups of water.
 2. Strain then and add to 1 quart water. Serve chilled or over ice.
- (You don't have to strain it, if you don't it's even better for you because you get the fiber.)