

INDEPENDENCE DAY RECIPES



Independence Day Breakfast Firecracker

Popover:

- 1 cup milk
- 1 cup flour
- 2 eggs
- 1/2 teaspoon salt
- 2 small Hot Peppers of your choice, diced fine

Mix all ingredients in a bowl and stir until blended, pour into greased popover pan and place into a Cold Oven. Set oven for 450 degrees and close the door for 30 minutes: Do not open.

Makes between 4 and 8 popovers.

When the Popovers are still hot, slice off the tops and fill with: Scrambled eggs, topped with salsa, and a dollop of sour cream or blueberries topped with whipped cream and a strawberry on top.

Independence Day Flag Sandwich

- 1 slice SARA LEE(R) Soft & Smooth(TM) Whole Grain White Bread
- Grape jelly
- Squeezable strawberry jelly

Place the slice of bread onto a serving plate. In one corner of the slice, spread a small square of grape jelly. Pick a few small crumbs from the bread, and place over the grape jelly to make stars. Squeeze strips of strawberry jelly across the slice of bread horizontally to make the stripes of the flag.



Blueberry Waffles with Fast Blueberry Sauce

- 3 egg yolks, beaten
- 1 2/3 cups milk
- 2 cups all-purpose flour
- 2 1/4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup melted butter
- 3 egg whites, stiffly beaten
- 2/3 cup blueberries
- 1 1/2 cups blueberries
- 3 tablespoons honey
- 1/2 cup orange juice
- 1 tablespoon cornstarch

In a medium bowl, whisk together egg yolks and milk. Stir in flour, baking powder and salt. Stir in butter, and set mixture aside for about 30 minutes.

Preheat a lightly greased waffle iron.

Fold egg whites and 2/3 cup blueberries into the mixture. Scoop portions of the mixture into the prepared waffle iron, and cook until golden brown.

To prepare the sauce, in a medium saucepan over medium heat, mix 1 1/2 cups blueberries, honey and 1/4 cup orange juice. Bring to a boil. Mix remaining orange juice and cornstarch in a small bowl, and stir into the blueberry mixture. Stir constantly until thickened. Serve warm over waffles.

Red, White and Blue Strawberry Shortcake

- 1 (18.25 ounce) package yellow cake mix
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 pint blueberries, rinsed and drained
- 2 pints fresh strawberries, rinsed and sliced

Prepare cake according to package directions and bake in a 9x13 inch pan. Cool completely.

Frost cake with whipped topping. Place blueberries in a square in the corner, and arrange sliced strawberries as stripes to make an American flag. Chill until serving.

Red, White, and Blueberry Cheesecake Pie

- 8 sheets phyllo dough
- 1/4 cup butter, melted
- 2 (8 ounce) packages cream cheese
- 1/2 cup white sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 2 cups fresh blueberries
- 1/2 cup strawberry jelly

On a flat surface, place one sheet phyllo dough. Brush it with melted butter or margarine, and cover with another piece of phyllo. Repeat until all 8 sheets are used. Using kitchen scissors, cut layered phyllo into a 12 to 13 inch circle. Carefully press circle into a greased 9 inch pie plate; gently fan edges. Bake at 425 degrees F (220 degrees C) until edges are just golden, 6 to 8 minutes; cool slightly on a wire rack.

In a medium bowl, beat cream cheese, sugar, and vanilla with an electric mixer until light and fluffy. Beat in eggs until well combined. Fold in 1 cup of blueberries. Pour filling into prepared crust.

Bake at 350 degrees F (175 degrees C) until set, 40 to 50 minutes. To prevent over browning of crust, gently cover pie with foil for the last 25 minutes of baking. Cool completely on a wire rack.

In a small bowl, beat jelly until smooth; spread over cheese filling. Arrange 1 cup blueberries on top in a star pattern.

Firecracker Fried Chicken Drumsticks

8 chicken drumsticks
1/4 cup hot pepper sauce
1/3 cup all-purpose flour
2 tablespoons yellow cornmeal
1/2 teaspoon salt
3 cups vegetable oil

To Marinate: Remove skin from chicken and place in a resealable plastic bag. Pour sauce over chicken, seal bag and refrigerate to marinate for at least 1 hour, up to 24 hours.

The longer the chicken marinates, the spicier it will be.

In another resealable plastic bag combine the flour, cornmeal and salt. Add chicken, seal bag and shake to coat.

Heat oil in a large, deep skillet to medium high heat. Add chicken and fry, uncovered, for 25 to 30 minutes or until juices run clear. Turn occasionally to brown evenly.

Red, White and Blue Slaw Salad

12 slices bacon
6 cups shredded cabbage
1 cup cole slaw dressing
1/2 cup blue cheese, crumbled
1 cup cherry tomatoes, halved

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside.

In a large bowl, combine the bacon, cabbage and dressing. Mix well. Sprinkle with sliced cherry tomatoes and blue cheese. Refrigerate and serve chilled.



American Potato Salad

5 pounds red potatoes
6 eggs
2 cups mayonnaise
1 onion, diced
2 green onions, thinly sliced
1 small green bell pepper, seeded and diced
3 stalks celery, thinly sliced
2 teaspoons salt
1 teaspoon ground black pepper

Bring a large pot of water to a boil. Add potatoes, and cook for 15 to 20 minutes, or until tender but still firm. Drain, cool and cut into cubes.

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine chopped potatoes and eggs. Mix together mayonnaise, chopped onion, green onion, green pepper, and celery. Season with salt and pepper, then mix well. Cover, and refrigerate for several hours or overnight.

All American Apple Pie

1 1/2 cups all-purpose flour
1/2 cup vegetable oil
2 tablespoons cold milk
1 1/2 teaspoons white sugar
1 teaspoon salt
6 Fuji apples, cored and sliced
3/4 cup white sugar
3 tablespoons all-purpose flour
3/4 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 cup all-purpose flour
1/2 cup white sugar
1/2 cup butter



Preheat oven to 350 degrees F (175 degrees C).

To Make Crust: In a large bowl, mix together 1 1/2 cups flour, oil, milk, 1 1/2 teaspoons sugar and salt until evenly blended. Pat mixture into a 9 inch pie pan, spreading the dough evenly over the bottom and up sides. Crimp edges of the dough around the perimeter.

To Make Filling: Mix together 3/4 cup sugar, 3 tablespoons flour, cinnamon, and nutmeg. Sprinkle over apples and toss to coat. Spread evenly in unbaked pie shell.

To Make Topping: Using a pastry cutter, mix together 1/2 cup flour, 1/2 cup sugar and butter until evenly distributed and crumbly in texture. Sprinkle over apples.

Put pie in the oven on a cookie sheet to catch the juices that may spill over. Bake 45 minutes.

Martha Washington Candies

- 1 cup margarine
- 4 cups confectioners' sugar
- 1 (14 ounce) can sweetened condensed milk
- 2 cups shredded coconut
- 2 cups chopped pecans
- 2 teaspoons vanilla extract
- 2 cups semisweet chocolate chips

Line 2 cookie sheets with wax paper. Set aside. Mix margarine, sugar and sweetened condensed milk in large mixing bowl. Add coconut, pecans, and vanilla; mix well, using a sturdy large spoon. Chill until firm enough to handle. Form into small balls and place on prepared cookie sheets. Chill until very firm. Melt chocolate chips in top pot of double boiler over simmering water. Using a toothpick, dip balls into melted chocolate. Let cool on wax paper.

George Washington Chocolate Cake

- 2 cups all-purpose flour
 - 1/2 teaspoon baking powder
 - 1 teaspoon baking soda
 - 1 teaspoon salt
 - 4 (1 ounce) squares unsweetened chocolate, chopped
 - 1/2 cup shortening
 - 2 cups white sugar
 - 2 eggs
 - 3/4 cup water
 - 3/4 cup buttermilk
 - 1/2 cup maraschino cherries, drained and juice reserved
- Frosting:
- 1 (1 ounce) square unsweetened chocolate, chopped
 - 1/2 cup butter

- 4 cups confectioners' sugar
- 1/4 teaspoon almond extract
- 1/3 cup maraschino cherry juice

Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 (9 inch) round pans. Sift together the flour, baking powder, baking soda and salt. Set aside. In the top of a double boiler, heat chocolate, stirring occasionally, until chocolate is melted and smooth. Remove from heat and allow to cool to lukewarm. In a large bowl, cream together the shortening and sugar until light and fluffy. Beat in the eggs one at a time, then beat in melted chocolate. Beat in the flour mixture alternately with the water and buttermilk, mixing just until incorporated. Finely chop cherries and fold in. Pour batter into prepared pan. Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely. Fill and frost with chocolate cherry frosting. For the frosting: In the top of a double boiler, heat chocolate, stirring occasionally, until chocolate is melted and smooth. Remove from heat and allow to cool to lukewarm. In a large bowl, combine butter, confectioners' sugar, melted chocolate and almond extract. Cream with an electric mixer. Add reserved cherry juice by the tablespoon until frosting reaches desired consistency.

Fourth of July BBQ'd Cornish Hens

- 3 cl Garlic, minced
- 1 tb Seasoned salt
- 1/2 c Oil
- 1 c Fresh lemon juice
- 12 ts Italian Salad dressing
- 1/2 c Chopped onions
- 1 Pepper
- 1 ts Crushed thyme
- 4 Rock Cornish Hens, giblets removed

Blend garlic, seasoned salt, oil, lemon juice, dressing, onions, pepper, and thyme. Marinate the birds overnight in the refrigerator.

Cut the birds lengthwise. Cook on outside grill, bone side down 10 minutes, flesh side down 5 minutes, alternating 10 minutes and 5 minutes in this manner for about an hour and basting with marinade frequently (at least every 5 minutes) while barbequing.





Barbecued Lamb

- 8 lb Lamb leg; boned and butterflied
- 1 1/4 c Olive oil
- 1/4 c Worcestershire Sauce
- 2 Garlic clove; diced
- 3/4 c Soy sauce; light
- 2 tb Dry mustard
- 1/4 c Red wine vinegar
- 1 1/2 tb Parsley, chopped
- 1/3 c Lemon juice

Mix together the olive oil, worcestershire sauce, garlic, soy sauce, mustard, red wine vinegar, parsley, and lemon

juice. Marinate lamb roast overnight, basting occasionally. Cook over hot grill, basting as needed.

Grilled Tomatoes and Green Onions

- 1/3 c Olive oil
- 1 tb Fresh lemon juice or wine Vinegar
- 2 tb Fresh basil; chopped
- 1 tb Shallots; chopped
- 1/2 ts Salt
- 1/4 ts Freshly ground pepper
- 3 lg firm Tomatoes; cut into slices
-1/2-3/4 inch thick
- 10 To 12 green onions; trimmed
Including 4" of green tops
- Sprigs of fresh basil or Parsley

Position an oiled grill rack 4-6 inches above the barbecue coals. In a small bowl stir together the oil, lemon juice or vinegar, chopped basil, shallots, salt and pepper. Arrange the tomatoes and onions on the rack. Grill, turning them two or three times and brushing with the mixture, about 5 minutes. Transfer the tomatoes and onions to a platter and garnish with basil and/or parsley sprigs.

Sweet-Sour Barbecued Ribs

- 1 1/4 c Ketchup
- 3/4 c Water
- 1/4 c Honey
- 2 tb Worcestershire Sauce
- 4 ts Lemon Juice
- 1 sm Onion, chopped
- 1/2 ts Salt
- 1/2 ts Pepper
- 6 lb Back Ribs

Mix together the ketchup, water, honey, worcestershire sauce, lemon juice onion, salt, and pepper. Cook for about 10 minutes, stirring occasionally. Prepare a charcoal grill, and cook ribs over medium-hot coals, turning occasionally. Brush ribs with sauce after each turn. Cook ribs until desired doneness. Remove from barbecue and enjoy.

Barbecued Veggie Kabobs

- 2 Green peppers -- cut in 1" Pieces
- 4 sm Yellow squash -- sliced thick
- 2 Dozen mushrooms, large
- 2 md Onions -- cut into wedges
- 1 pt Cherry tomatoes

Marinade

- 1 ts Salt
- 1 tb Italian herb mix*
- 4 Cloves garlic -- crushed
- 2/3 c Water
- 2/3 c Balsamic vinegar
- 16 Skewers

**Oregano, sage marjoram, thyme, savory, basil, rosemary, etc.*

Place the green peppers, squash, mushrooms, onions, and cherry tomatoes in a large bowl. Mix together the salt, Italian herb mix, garlic, water, and balsamic vinegar. Add mixture to the vegetables. Marinate for 2 hours at room temperature. Arrange vegetables on skewers and grill for 7 to 10 minutes, turning frequently.



Grilled Green and Yellow Squash and Eggplant Salad with Basil Dressing

For Vegetables:

- 1/4 cup olive oil
- 3 medium zucchini, halved lengthwise
- 3 medium yellow squash, halved lengthwise
- 1 medium eggplant, quartered lengthwise
- 1 1-inch-thick slice of large red onion

For Dressing:

- 3 tablespoons balsamic vinegar
 - 3 garlic cloves, peeled, chopped
 - Freshly ground black pepper
 - 1/3 cup olive oil
- 1 cup coarsely chopped fresh basil leaves

Light a charcoal fire and let it burn down to medium-hot or preheat a gas grill to medium-high. Position grill rack about 6 inches above heat source. On baking sheet with sides, drizzle oil over zucchini, squash, eggplant and onion slice. Toss to coat evenly. Lay vegetables on rack. Cover and grill, turning vegetables several times, until well-marked and becoming tender, about 8 minutes for zucchini and squash, about 10 minutes for eggplant, and about 15 minutes for onion. Transfer to cutting board; cool to room temperature.

FOR DRESSING: In food processor, combine vinegar, garlic, 3/4 teaspoon salt and 1/2 teaspoon of the pepper. With motor running, gradually add oil through the feed tube, blending until dressing thickens.

Cut zucchini, squash and eggplant into bite-size pieces. Coarsely chop onion. Combine vegetables in large bowl. Add dressing and toss. Add basil and toss again. Adjust the seasoning. Serve immediately.



Honey-Mustard Baked Beans

- Six 15-ounce cans small white beans, drained
- 1 1/2 cups chopped yellow onion
- 1 1/4 cups diced lean smoky ham
- 1 cup canned reduced-sodium chicken broth
- 3/4 cup honey mustard
- 1/2 cup ketchup
- 1/4 cup molasses
- 1 tablespoon soy sauce
- 2 teaspoons Tabasco sauce
- 1 1/4 teaspoons salt
- 3/4 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder

Position rack in middle of oven and preheat to 350 degrees F. Stir all ingredients in large bowl. Spoon mixture into 13x9x2-inch baking dish. Bake until mixture bubbles and liquid thickens, about 50 minutes. Serve warm.

Apple Pie

- 5 to 6 cups apples, peeled, cored, and thinly sliced
- 1/2 cup sugar, or to taste
- 2 Tbs lemon juice
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 2 Tbs butter
- 2 9 inch pastry pie shells
- 1 Tbs sugar mixed with
- 1/2 tsp cinnamon

Combine the apples, sugar, lemon juice, cinnamon, nutmeg, and salt in a mixing bowl and toss to coat the apple slices. Line a pie plate with one of the pastry shells and transfer the apples to the shell. Dot the apples with the butter. Moisten the edge of the pastry and place the second pastry shell on top. Trim and crimp the edge, and make several slits in the





top with a sharp knife. Sprinkle the sugar and cinnamon mixture over the top. Bake in a preheated 450 oven for 10 minutes, then reduce the heat to 350 and bake for an additional 25 to 40 minutes, depending on the type of apples used. The pie is done when the apples are tender and the crust is golden brown. Serve warm, cold, or at room temperature. Makes one 9-inch pie.

Place the orange slices in a non-reactive bowl. Combine the remaining ingredients in a small saucepan and bring to a boil. Pour the liquid over the orange slices and refrigerate for at least 8 hours. Serves 6 to 8.

Cheese Freeze

For the crust:
 20 Graham crackers* (1+1/2 cups), crumbled
 4 Tbs butter
 1/4 cup sugar
 For the filling:
 1 lb. cream cheese
 2 eggs
 1/3 cup sugar
 1 tsp vanilla extract
 1/8 tsp salt
 For the topping:
 1 pint sour cream
 1/3 cup sugar
 1 tsp vanilla extract

Crush the Graham crackers and mix with butter and sugar. Press into a greased 8 inch square pan. Combine the cream cheese, eggs, sugar, salt, and vanilla and blend until thoroughly mixed. Pour into the crust and bake 35 minutes at 350. Remove from oven and cool for 10 minutes. Mix the ingredients for the topping, pour over the cooled pie, and bake an additional 10 minutes. Serves 6 to 8.

Berry Grunt

3 cups fresh strawberries, blueberries, or raspberries (or combination), or frozen berries, thawed and drained
 1 cup water
 2/3 cup sugar
 1 tsp grated lemon rind
 1+1/2 cups all-purpose flour
 1+1/2 tsp baking powder
 1/4 tsp salt
 A grating of fresh nutmeg
 2/3 cup buttermilk

Combine the berries, water, sugar, and lemon rind in a saucepan over moderate heat and cook for 5 minutes, stirring often. Meanwhile, combine the flour, baking powder, salt, and nutmeg in a mixing bowl. Stir in the buttermilk; do not over mix. Drop the batter over the berries, making 8 dumplings. Cover and simmer for 8 to 10 minutes. Serves 8.



Peach Pie

2 cups fresh peaches, peeled and sliced thin
 1/2 pint of whipping cream
 3/4 cup sugar
 1/4 cup flour

Mix sugar and flour together and sprinkle 2 Tbs. on bottom of prepared unbaked pie crust. Mix remaining flour and sugar into peaches and cream. Bake 350 for 1 hour.

Lemon Sorbet

1/2 cup lemon juice
 1/4 cup orange juice
 1/4 cup sugar
 1 tsp finely chopped lemon zest
 1/4 cup water
 1 egg white

Combine the lemon juice, orange juice, sugar, lemon zest, and water in a small bowl and stir to dissolve the sugar. Ice cream maker method: Cover the citrus mixture and refrigerate for 2 hours, until well chilled. In a separate bowl, beat the egg white until stiff and fold into the chilled citrus mixture. Pour into an ice cream maker and freeze according to the manufacturer's directions. Food processor method: Pour the citrus mixture into ice cube trays and freeze. Place the frozen mixture in an electric food processor and add the beaten egg white. Process until smooth. Serves 4.

Orange Compote

6 oranges, peeled and sliced
 1/2 cup orange juice
 3 Tbs light brown sugar
 5 whole allspice
 5 whole black peppercorns
 1 cinnamon stick
 3 - 4 Tbs orange-flavored liqueur (optional)

Tropical Ice Sherbet

1 can crushed pineapple -- 8 1/2 oz
1 1/2 cups mashed bananas
2 cups orange juice
2 tablespoons lemon juice
1/8 teaspoon salt
1 cup sugar

Combine all the ingredients. Freeze in 2 freezer trays until almost solid. Remove to a mixer bowl and beat until fluffy. Return to freezer trays and freeze until serving time. Serve in sherbet glasses. Serves: 12

Spiced Stewed Peaches

2 cups sugar
1/2 cup white vinegar
1/2 cup water
1/2 tsp cayenne pepper
1 cinnamon stick
6 whole cloves
2 whole star anise* (optional)
6 to 8 firm, ripe peaches, peeled and cut in half, stones removed

Combine all ingredients in a large saucepan over moderate heat and boil for 2 minutes. Add the peach halves and boil uncovered for 10 minutes. Remove from heat and allow to cool for at least 30 minutes. Place the peaches in clean jars and bring the remaining syrup to a boil. Pour over the peaches and seal the jars. Will keep refrigerated for up to 3 weeks. Makes about 6 cups.

Cherry and Peach Crisp

2 cups of cherries -pitted
6 medium peaches, peeled and sliced
3/4 cup plain (all purpose) flour
3/4 cup brown sugar
1 teaspoon cinnamon
1 1/2 cup shredded coconut
4 oz butter, melted

Place cherries and peaches in a greased ovenproof dish (6 cup capacity). Combine flour, sugar, cinnamon and coconut in a medium bowl; stir in the butter, mix together. Spoon mixture evenly over fruit and bake in a moderate oven for about 20 minutes or until top is crisp. Serve warm or cold with custard or cream

Pineapple Gelatin

1 Tbs (1 packet,) gelatin
1/4 cup cold water
1 cup pineapple juice
3/4 cup water
1/4 cup sugar
1/2 cup canned* crushed pineapple, drained
Whipped cream (optional)

Soak the gelatin in the 1/4 cup cold water for 5 minutes. Meanwhile, bring the pineapple juice and the 3/4 cup water to a boil in a small saucepan over moderate heat. Remove from the heat and stir in the gelatin mixture and the sugar, making sure that the gelatin and sugar are thoroughly dissolved. Pour into a mold and refrigerate until partially set. Fold in the crushed pineapple. Refrigerate for 4 hours, or until set. Top with whipped cream if desired. Serves 2.

Lemon Lush Dessert

First Layer: - mix together like pie crust
1 stick butter or margarine (1/2 c.)
1 c. flour
1/2 c. nuts, chopped
Bake 15 minutes at 350 degrees and cool.

Second Layer:- Blend
1 8 oz. Pkg. of cream cheese
1 c. powdered sugar
1/2 of large Cool Whip (approx. 8 oz.)
Pour into crust.

Third Layer: - Mix together
2 pkg. lemon instant pudding
3 c. milk
Beat two minutes. Spread on second layer. Let set up.



Fourth Layer: - Spread
Other half of Cool Whip (approx. 8 oz.)
1 c. chopped nuts, sprinkled on top
Refrigerate several hours.

Refrigerator Cookies

1/2 lb. margarine
1/2 cup brown sugar
1/2 cup white sugar
1 or 2 eggs
3 cups flour sifted together
with 1/2 tsp. soda and 1/2 tsp cinnamon
1 tsp. vanilla
walnuts (chopped)



Mix together. Form into logs. Chill (or freeze) till firm.
Slice and bake at 350 for 10 to 12 minutes.

Chilled Watermelon Soup

4 pounds watermelon flesh (seeded)
2 cups sweet white wine
2 tablespoons honey
1 teaspoon garam masala
grated rind of 1 lemon
8 oz sour cream

Bring watermelon, wine, honey, garam masala and lemon rind to a boil, stirring constantly. Reduce heat and simmer for 20 minutes and allow to cool. Puree in blender or food processor. Stir in sour cream and chill thoroughly before serving.

Cold Avocado Soup

2 cups peeled, coarsely chopped avocado
2 cups hot chicken broth
1/2 cup milk or half and half
1/2 cup sour cream
1 Tbs lemon or lime juice
1 Tbs chopped fresh chives plus additional for garnish
Tabasco sauce to taste (optional)
Salt and freshly ground pepper to taste

Puree the avocado and the hot chicken broth in an electric food processor or blender. Refrigerate for 1 hour. Add the remaining ingredients, stirring to combine well. Chill an additional 1 to 2 hours and adjust the seasoning. Garnish with chopped chives. Serves 4 to 6.

Judi's Gourmet Tomato Sandwiches

1 large ripe tomato, peeled
1 large onion
3 tablespoons mayonnaise
1 tablespoon mustard
16 sandwich bread slices
1/8 teaspoon salt
1/8 teaspoon pepper

Cut tomato and onion into 8 (1/4 inch thick) slices. Layer slices in a shallow dish; cover and chill for 8 hours. Discard onion slices. Stir together mayonnaise and mustard; spread on 1 side of each bread slice. Place 1 tomato slice on each of the 8 bread slices; sprinkle lightly with salt and pepper. Top with remaining bread slices. Cover and chill up to 2 days. Serves 8.

"Real Good" Mississippi Ice Cream

6 eggs
6 tablespoons flour
2 large cans pet milk
2 quarts milk, chilled
2 1/2 cups sugar
Flavoring
Pinch of salt

Scald milk and pour over mixture of sugar, flour, and egg yolks. Beat egg whites and add to above. Chill pet milk and whip. Add pet milk after other mixture is thoroughly cooled. Place in Ice Cream maker and follow directions for freezing.

Daiquiri

1 can lemon-lime or limeade concentrate
several peaches (skins and all, no pits)
ice
rum (light rum)
In a blender, combine the concentrate, peaches, ice and enough rum to fill the EMPTY concentrate can. Blend until mixed well and serve.

Sangria

1 Bottle Red or White Wine
1/4 C Sugar
1 med Orange, sliced
1 med Lemon, sliced
1 med Lime, sliced
1 med Lemon, juice of

1 Liter Club Soda, chilled
Optional
1 oz Brandy
1 oz Triple Sec
Pineapple slices
Maraschino Cherries

Combine thinly sliced fruit with wine, lemon juice and sugar. Taste and add any of the optional ingredients. Refrigerate overnight. Mix with Club Soda just before serving. Enjoy in nice chilled wine glasses. Serves: 10

Hard Lemonade

If you want to make your lemonade hard you can add a jigger of vodka to a glass and add the lemonade concentrate replacing the water with club soda.

Raspberry Freeze

1 1/4 lbs Frozen Unsweetened Raspberries or other frozen unsweetened fruit
1 C Raspberries Lowfat/NonFat Yogurt
3 T Confectioner's Sugar (can also use artificial sweetener)
1/2 tsp Real Vanilla Extract

Place frozen raspberries in a food processor. Process until berries are very fine. Add remaining ingredients and process until smooth. Pour into a tall desert glass and garnish with a sprig of mint.

Spiced Ice Tea

1/2 C Tea Leaves (Earl Grey or similar)
1 tsp Nutmeg
1 tsp Cinnamon
1/2 tsp Cardamom
1 T Whole Cloves
1 qt Water
3 Oranges
3 Lemons
3 C Sugar
1 gal Water

Cut a large square of cheesecloth. Wrap tea, nutmeg, cinnamon, and cloves in cheesecloth. Tie the cheese cloth tightly with string. Place the cheese cloth tea bag in a large saucepan in 1 quart boiling water. Boil 5 minutes. Steep overnight. Add sugar and juice of oranges and lemons to the steeped tea. Add a gallon of water, and chill.

Strawberry Smoothie

3/4 C Frozen Unsweetened StrawBerries (slightly thawed)
1/2 C Plain Nonfat Yogurt
1/4 C Skim milk
1 tsp Sugar (or equivalent sugar substitute)
1 tsp Vanilla Extract
1 or 2 Ice Cubes

In blender at low speed, blend all ingredients until smooth and frothy. Enjoy in a nice tall frosty glass.

Watermelon Slushy

8 C Cubed Seeded Watermelon
1/4 C Confectioners' Sugar
3/4 C Frozen Lemonade Concentrate thawed and undiluted
7 sm wedges Watermelon, for garnish
7 Lemon Slices, for garnish

Place the seeded watermelon in a large freezer safe bowl. Cover and freeze the watermelon for about 30 minutes to 1 hour until mostly frozen but not hard. Place half of frozen watermelon, half of powdered sugar, and half of concentrate in a blender, and process until smooth. Pour mixture into individual chilled glasses. Repeat procedure with remaining watermelon, powdered sugar, and concentrate. Enjoy in a chilled glass with a slice of lemon and a small wedge of watermelon as a garnish.

Fresh Citrus Cooler

1 C Fresh Orange Juice
1/2 C Fresh lemon juice
1/2 C Fresh lime juice
1/3 C Sugar
1 C Lime Flavored Sparkling Water, chilled
3 Lime Slices

Combine first 4 ingredients in a chilled pitcher. Stir until sugar dissolves. Add chilled sparkling water and stir well.

