

# The Recipe4Living Summer Sipper eCookbook

50+ Recipes to Cool You Down When the Weather  
Heats Up



## Letter from the Editor

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Dear Recipe4Living Member,

Welcome to your best source for summer drink recipes on the internet. Within this eCookbook, you will find more than 50 of our best recipes for cooling down this summer, including smoothies, cocktails, slushies, and more!

Our eCookbooks are completely FREE and are an exclusive service for our members. If you would like to share this amazing collection, please pass it along to friends and tell them to sign up at Recipe4Living for even more!

If you think we're missing a recipe or you want to share your own, please visit the site and submit your recipes now!

Please enjoy your Recipe4Living Summer Sipper eCookbook!

Happy Sipping,

Kathryn

Editor

[www.Recipe4Living.com](http://www.Recipe4Living.com)

Blog: [www.ChewOnThatBlog.com](http://www.ChewOnThatBlog.com)

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## Smoothies

### [Summer Melon Smoothie](#)

Drank almost daily in Middle Eastern countries, this recipe was adapted to taste exactly like the ones drunk in Israel.

#### Ingredients

2 C. cubed summer melon (such as watermelon, honeydew or cantaloupe)  
1 C. ice cubes, crushed  
2-3 Tbs. powdered sugar, if desired

#### Directions

In blender, combine melon, ice and powdered sugar. Cover; blend until almost smooth. Tip: Use ripe, super-sweet summer melons or recipe will taste rather bland. If desired, alcohol can be added.

Yield: 2 servings

#### **My Recipe Notes:**

## **Starlit Summer Smoothie**

This simple and unique smoothie is perfect for breakfast or snacking. Has a smooth, uniform flavor that makes it light and delicious.

### Ingredients

12 red seedless grapes  
1/2 C. milk  
1 (6 oz.) container peach yogurt  
2 Tbs. white sugar  
2 tsp. vanilla extract  
1 C. ice

### Directions

In a blender, mix the grapes, milk, peach yogurt, sugar, vanilla, and ice. Blend until smooth.

### **My Recipe Notes:**

## **Simple Summer Watermelon Smoothie**

This is a very quick way to enjoy a smoothie in the summer. It's refreshing and keeps you cool through the summer.

### Ingredients

1 C. cut up seedless watermelon  
1 or 2 Tbs. sugar  
ice cubes

### Directions

Combine watermelon, sugar and ice in blender and blend until smooth or well blended. Serve it up in glasses.

### **My Recipe Notes:**

## **Cool Yogurt Smoothie**

This refreshing summer drink can easily be adapted to your favorite fruit.

### Ingredients

- 1 (8 oz.) container Smooth Strawberry Yogurt (or your favorite flavor)
- 1/2 tub Whipped Topping, thawed or frozen
- 1 C. chopped fresh or frozen strawberries or any other seasonal fruit (optional)

### Directions

Place Yogurt, whipped topping and strawberries in blender; cover. Blend until smooth. Serve immediately. (For thinner consistency, add ice cubs as desired.)

Makes 2 servings.

### **My Recipe Notes:**

## **Tropical Fruit Smoothie**

The combination of fruits in this recipe is unbeatable!

### Ingredients

2/3 C. milk  
1 banana  
1/3 C. fresh mango  
1/3 C. fresh papaya  
1/3 C. fresh strawberries  
1/3 C. fresh peaches  
1 tsp. honey  
1/4 C. crushed ice

### Directions

Remove skins and seeds from the fruit and cut into 1-inch cubes. Combine all ingredients in a blender. Blend on high speed until smooth and frothy.

### **My Recipe Notes:**

## **Strawberry Lime Smoothie**

This quick and satisfying recipe will easily become a summer staple!

### Ingredients

1/2 C. 2% milk  
2 to 4 Tbs. lime juice  
2 C. fresh strawberries, hulled and halved  
1 C. strawberry yogurt  
2 Tbs. honey  
1/2 tsp. ground cinnamon

### Directions

In a blender, combine all ingredients; cover and process until smooth. Pour into chilled glasses. Serve immediately.

### **My Recipe Notes:**

## **Banana Peach Smoothie**

This fruit smoothie is a perfect way to start your day, an easy afternoon snack or even a summery dessert. The abundance of fruit in this recipe packs it with healthy energy.

### Ingredients

1 can sliced yellow cling peaches, chilled  
1 medium banana, peeled and sliced  
1 C. low-fat milk  
1 C. ice  
1 can pineapple juice, chilled  
Fresh sprigs of mint to garnish (if desired)

### Directions

Combine peaches and syrup with all other ingredients in blender. Cover and run on high until smooth.

Yield: 3-4 servings

### **My Recipe Notes:**

## **Carrot-Orange Mango Smoothie**

Start your morning with a huge dose of vitamin C and fiber. It's so tasty that you'll never even know it's healthy!

### Ingredients

1 to 1 1/2 C. carrot-orange juice  
1 ripe mango, peeled and coarsely chopped  
1 C. mango, peach or apricot low-fat yogurt or soy yogurt

### Directions

Combine all the ingredients in a blender and process until smooth.

### **My Recipe Notes:**

## **Nutty Chocolate-Banana Smoothie**

This smoothie/shake is great for winter or summer- it's sweet and nutritious at the same time!

### Ingredients

1 large banana  
1 1/2 C. chocolate soy milk  
1 heaping Tbs. of peanut butter or cashew butter

### Directions

Combine ingredients in a blender until smooth.

### **My Recipe Notes:**

## **Cashew Smoothie**

This smoothie is full of important vitamins and minerals. And it's dairy-free!

### Ingredients

1 ripe banana, peeled  
2 C. frozen mango chunks  
1 1/2 C. almond milk  
1/2 C. cashew butter

### Directions

Put all ingredients in a blender and blend until smooth.

### **My Recipe Notes:**

## **Cocoa Espresso Trainwreck Smoothie**

A refreshing espresso smoothie containing cocoa, low fat frozen yogurt, and pecans. Delicious enough to start your day or for a quick drink anytime.

### Ingredients

1 pkg. instant cocoa powder mix, divided  
2 oz. freshly brewed espresso, room temperature  
5 oz. cold 2% milk  
4 oz. low-fat pecan or coffee frozen yogurt  
2 tsp. praline syrup  
1 tsp. vanilla syrup  
1/2 C. crushed ice  
1 pinch instant espresso powder  
1 tsp. chopped pecans

### Directions

Reserve 1 teaspoon of the cocoa powder mix. Add the remaining cocoa powder, espresso, milk, yogurt, praline syrup, vanilla syrup and crushed ice to a blender or smoothie maker and puree. Pour into a tall glass and sprinkle with reserved cocoa powder, espresso powder and chopped pecans.

### **My Recipe Notes:**

## **Raspberry Julius Smoothie**

Raspberries and strawberries combine in this creamy smoothie.

### Ingredients

1 C. low-fat raspberry yogurt  
3/4 C. low-fat milk  
1 C. fresh strawberries, rinsed and hulled  
1/2 C. frozen unsweetened raspberries  
1/3 C. powdered milk

### Directions

Combine the yogurt and low-fat milk in a blender. Add the remaining ingredients and blend until smooth. Serve immediately.

### **My Recipe Notes:**

## **Blueberry Twist Smoothie**

Very simple and healthy. Using yogurt and fruit juices keeps the calories down and the energy up!

### Ingredients

2 C. fresh blueberries  
1 C. pineapple orange juice  
1 8 oz. vanilla yogurt  
2 tsp. sugar or honey

### Directions

Place everything in a blender. Blend until smooth. Serve immediately.

Yield: 2 servings

### **My Recipe Notes:**

## Iced Tea

### Summer Iced Tea

A subtle black tea with a hint of fruity flavor. A great way to wake up.

#### Ingredients

teabags English Breakfast or other black tea  
2 teabags blueberry or peach tea (Celestial Seasons is nice)  
1 qt. of water  
2 Tbs. honey (optional)  
2 qt. pitcher filled 1/2 with ice

#### Directions

Boil water, add tea and steep for 6-7 minutes. Add honey if using. Pour tea over the ice in the 2 qt. pitcher, then fill with water to make 2 qts. Keep well-chilled.

#### My Recipe Notes:

## **Fruity Iced Tea**

Cloves, cinnamon sticks and fruit nectar make this is a refreshing summer beverage without all the calories.

### Ingredients

6 C. water  
1 cinnamon stick  
1 tsp. whole cloves  
6 black tea bags  
3-4 C. apricot or peach nectar  
Sugar or honey, to taste (optional)

### Directions

In large saucepan, simmer water, cinnamon stick and cloves 15 minutes, covered. Turn off heat. Add tea bags. Steep 2-5 minutes, depending on the strength you prefer. Remove tea bags. Add apricot nectar. Add sugar or honey, if desired. Strain to remove spices.

Refrigerate until cold.

Yield: 9 servings

### **My Recipe Notes:**

## **Pineapple Iced Tea**

Refreshing mint tea is sweetened with pineapple and lemon.

### Ingredients

1/2 gallon water  
12 regular size tea bags  
3 sprigs fresh mint  
1 2/3 C. sugar  
12 oz. pineapple juice  
6 oz. freshly squeezed lemon juice

### Directions

Bring water to a boil. Put in tea bags & mint and let steep for 3 minutes. Remove the mint. Continue to steep the tea bags until water is very dark (About 30 minutes). Remove tea bags. While tea is still warm, add sugar & juices, stirring to dissolve sugar. Pour into a gallon container, adding enough water to fill to the gallon level mark. Chill. Serve iced with mint sprigs & pineapple spears if desired.

### **My Recipe Notes:**

## **Apple-Spiced Iced Tea**

Apple juice, allspice and honey give a cider-like taste to this iced tea.

### Ingredients

3 C. apple juice or cider  
3 C. boiling water  
6 black tea bags  
1/4 tsp. ground allspice  
1/3 C. honey

### Directions

Add tea bags to boiling water. Let stand 15 minutes. Remove and add allspice, honey and apple juice. Simmer over low heat until honey is blended, about one minute. Chill. Serve over ice with lemon slices if desired. Store in a covered pitcher in the refrigerator.

### **My Recipe Notes:**

## **Fruit Tea Punch**

Served cold, this punch is a jazzed-up version of iced tea.

### Ingredients

1 C. honey  
1 C. orange juice  
1/2 C. fresh lemon juice  
1 C. fresh fruit, crushed  
1 1/2 C. fresh, strong tea  
1 pint ginger ale

### Directions

Mix all ingredients except ginger ale. Just before serving add ginger ale and crushed ice. If the punch is too strong for your taste you can dilute with ice water or more ginger ale.

### **My Recipe Notes:**

## **Strawberry Iced Tea**

Add something unexpected to iced tea with plenty of fresh strawberries.

### Ingredients

1 pt. fresh strawberries  
1/2 C. granulated sugar  
5 C. boiling water  
5 tea bags-green or black tea  
1 can (12 oz.) frozen lemonade concentrate, thawed  
1 qt. sparkling water, or seltzer  
ice

### Directions

Clean and trim the strawberries. Place them in a bowl with the sugar-mix to coat and set aside. Steep the tea bags with the boiling water for 5 minutes. Remove tea bags and cool. Stir the cooled tea into the strawberry mixture. Add the lemonade. Place in a large pitcher and chill. Before serving stir in the seltzer and pour over ice cubes in pretty glasses.

Makes 12 servings.

### **My Recipe Notes:**

## **Tea Sangria**

When you want that sangria taste without all the overnight waiting and extra work, this is a quick fix addition to iced tea that does the trick. Very refreshing.

### Ingredients

16 C. boiling water  
20 black tea bags (English Breakfast, Darjeeling, etc.)  
8 C. sliced fresh fruit (use any combination of pineapple, oranges, strawberries or apples)  
8 Tbs. sugar  
8 C. white grape juice

### Directions

In a large pot, pour boiling water over tea bags; cover and brew 5 minutes. Remove tea bags and cool. In large punch bowl or several pitchers, combine fruit with sugar. Pour tea over fruit; stir in juice. Serve in ice-filled glasses.

Yield: 24 servings

### **My Recipe Notes:**

## **Lemon-Rosemary Iced Tea**

For special occasions, serve this tea with a scoop of lemon sorbet for an extra-refreshing flavor.

### Ingredients

5 C. water  
2 C. sugar  
12 sprigs fresh rosemary  
1/4 C. black tea leaves  
1 C. fresh lemon juice

### Directions

In medium saucepan over medium heat, bring water, sugar and 8 rosemary sprigs to just below a simmer (190 degrees), stirring until sugar dissolves. Remove from heat. Add tea; let steep 3 minutes. Strain tea; add lemon juice. Refrigerate until cool. Serve over ice. Garnish each serving with rosemary sprig.

Yield: 4 servings.

### **My Recipe Notes:**

## **Iced Spearmint Tea with Strawberry Nectar**

Don't be intimidated by the size of this recipe. The use of fresh herbs is well worth the extra effort.

### Ingredients

#### Sugar Syrup:

1 C. granulated sugar

1 C. water

zest of 1 orange, cut into strips

4 1/2 C. water

1/4 C. dried spearmint, or 3/4 C. fresh spearmint

1 C. sliced strawberries

1 C. strained freshly squeezed orange juice

ice cubes

fresh spearmint sprigs and strawberry slices, for garnish (optional)

### Directions

To make the sugar syrup, in a medium saucepan, combine the sugar, water and orange zest. Bring to a boil, stirring to dissolve the sugar. Remove from the heat and let cool. Pour the syrup through a fine-mesh sieve placed over a bowl, pressing down on the orange zest with the back of a spoon to extract as much of the flavorful oils as possible. Discard the zest and set the syrup aside. In a medium saucepan, bring the water to a boil, then remove from the heat. Crumble the spearmint and add to the water; let steep for 5 minutes to obtain a strong infusion. Strain through a fine-mesh sieve placed over a large bowl. Discard the mint and let the infusion cool. Meanwhile, place the strawberries in a fine-mesh sieve set over a medium bowl. With the back of a spoon, press the berries through the sieve, leaving the pulp and seeds behind. Scrape any purée clinging to the bottom of the sieve, and then add all the purée to the cooled infusion. Add the orange juice and 1/2 C. of the sugar syrup to the tea and stir vigorously. Taste and add more sugar syrup as desired. (Store any remaining sugar in the refrigerator for when you make another batch of tea.) Cover and refrigerate the tea until well chilled. Just before serving, fill a large pitcher with ice and add the tea. Pour into chilled glasses. Garnish with a sprig of mint and a slice of strawberry, if desired. Serves 6.

From: Herbs: A Country Garden Cookbook by Rosalind Creasy and Carole Saville

### **My Recipe Notes:**

## **Iced Rhubarb Tea**

Delight your guests at your next BBQ with this wonderful drink. Be sure to serve it in a clear glass to best view its wonderfully rich color.

### Ingredients

8 stalks rhubarb, cut into 3 inch lengths

8 C. water

1/3 C. sugar, to taste

1 spring mint, garnish

### Directions

Add rhubarb to water and bring to a boil; reduce heat and simmer for 1 hour. Strain and add sugar to taste; serve iced with mint garnish.

### **My Recipe Notes:**

## Cranberry Twister Iced Tea

Whether with your breakfast or otherwise, this berry tea is certainly sippable.

### Ingredients

C. Stash Irish Breakfast Tea  
1/4 C. boiling water  
1/2 C. Cran-raspberry juice  
1/2 C. strawberry flavored juice  
1 shot raspberry syrup  
ice cubes

### Directions

Place one tea bag of Stash Irish Breakfast Tea into an 8 oz. C. Pour approximately 2 oz. (1/4 C.) boiling water into C. and steep for 4 to 6 minutes. Remove tea bag and fill C. to top with cold water. Mix with juice, raspberry syrup, and ice.

Yield: 1 (18 oz.) serving

### **My Recipe Notes:**

## **Rose Petal Iced Tea**

This lightly flavored tea has the gentle taste of rose without being too flowery.

### Ingredients

3 large roses, petals only, white bases removed  
3 C. water  
1/2 tsp. fresh lemon juice  
2 C. water  
3 tea bags (quality black or green tea)  
3 Tbs. granulated sugar

### Directions

Bring the 3 C. water to a boil. Add the rose petals and lemon juice then turn off the heat and allow it to sit for 8-10 hours. Strain the rose water into a pitcher. Discard petals. Bring the 2 C. of water to a boil, remove from heat and place in the tea bags. Brew for 5 minutes. Remove the tea bags, and add the granulated sugar to the tea. Stir. Allow this mixture to cool. Add to the rose water and stir. Serve over ice.

Notes: It's better to choose a light tasting tea that won't overwhelm the roses.

### **My Recipe Notes:**

## **Orange Iced Tea**

This refreshing beverage will really quench your thirst on a hot summer day. Fresh oranges and mint really liven up this tea.

### Ingredients

6 oranges, washed  
1/2 C. sugar  
1 C. boiling water  
4 C. black tea, chilled  
ice cubes  
fresh mint sprigs

### Directions

With sharp knife, cut peel from one orange in a spiral motion so it's all one piece. Cut spiral into 6 long narrow strips; set aside. Slice peeled orange and 2 unpeeled oranges into a large bowl. Add sugar; crush with large wooden spoon or bottom of a glass until sugar is dissolved. Add water; crush the slices again. Let steep 15 minutes. Strain the mixture and combine with the tea. Fill glasses with ice cubes and add tea. Garnish by twisting reserved peel around straws or dropping in the ice tea with a sprig of mint.

Yield: 6 servings

### **My Recipe Notes:**

## Slushies

### [Pink Slush](#)

Pineapple and orange juice, pink lemonade and apricot nectar make this a fruity frozen drink.

#### Ingredients

12 oz. frozen orange juice concentrate  
1 packet sugar-free pink lemonade drink powder  
46 oz. pineapple juice  
46 oz. apricot nectar  
36 oz. sugar-free lemon lime soft drink

#### Directions

Combine first four ingredients in a large plastic container, and freeze at least 12 hours. One hour before serving, remove from the freezer. Use a heavy, long handled metal spoon to break up slush for serving. Scoop 6 oz. slush into a short glass and pour in 2 oz. soft drink. Garnish the glass with a melon ball on a swizzle stick.

#### **My Recipe Notes:**

## **Adult Slushies**

This is a fantastic party drink that is easy to multiply for large groups. Very fruity and fun!

### Ingredients

3/4 C. vodka  
3/4 C. cherry or apricot flavored brandy  
1 6 oz. can frozen orange juice concentrate  
1 12 oz. can frozen lemon juice concentrate  
2 10 oz. jars maraschino cherries, juice included  
1 liter grapefruit flavored soda pop  
1 liter lemon/lime flavored soda pop

### Directions

Mix vodka, brandy, orange and lemon juice concentrate, cherries and grapefruit soda together in a large plastic mixing bowl. Cover the mixture with a tight fitting lid. Freeze the mixture for one or two days. When you are ready to serve the drink, use an ice cream scoop and place one or two scoops of the mixture into glasses. Fill the rest of the glass with lemon/lime flavored soda pop. Stir and serve.

### **My Recipe Notes:**

## **Banana Slush**

I got this out of a cook book years ago. I substitute the sugar for Splenda. It is very refreshing, especially in the hot weather we have here. I love the **taste**, and sure it is for a large crowd, but I just keep it in my freezer, and get a glass whenever I want. I have never added the ginger ale, just scoop it out and **eat** it with a spoon. I stir this often when in the freezer, so it will have a slushy consistency. Love it!

### Ingredients

4 C. sugar  
6 C. water  
46 oz. pineapple juice  
2 12-oz. cans frozen orange juice concentrate, thawed  
1 12-oz. can frozen lemonade concentrate, thawed  
5-6 bananas  
3 qts. diet ginger ale

### Directions

Mix sugar and water. Heat to boiling. Remove from heat and cool, add pineapple juice, orange concentrate and lemonade concentrate. Mash bananas by hand, but not too much. Add to the above mixture. Mix together and put into three 1/2-gallon containers. Take out 2 hours before serving. When ready, add ginger ale and serve.

### **My Recipe Notes:**

## **Summer Slush**

It will become your favorite drink for patio entertaining - an icy crowd-pleaser.

### Ingredients

1 6 oz. can frozen lemonade concentrate  
1 6 oz. can frozen orange juice concentrate  
1 can water  
1 can bourbon or rum

### Directions

Combine all ingredients. Pour into 1-quart freezer container; freeze overnight. Spoon into champagne glasses.

Yield: 6 to 8 servings

### **My Recipe Notes:**

## **Mexican Slush**

This alcoholic drink is easy to sip while sitting in you backyard... and pretending you're on a beach in Mexico!

### Ingredients

7 C. water  
1 12 oz. can frozen orange juice concentrate, thawed and undiluted  
2 C. light rum  
2 Tbs. + 1 tsp. lemon-flavored instant tea powder  
1 12 oz. can frozen lemonade concentrate, thawed and undiluted  
3 1 liter bottles ginger ale  
maraschino cherries

### Directions

Combine first 5 ingredients in a large bowl; stir well. Cover and freeze overnight or until frozen. Let stand at room temperature 15 minutes. Fill half of each serving glass with slush mixture; fill with ginger ale. Garnish with cherries. Serve immediately.

Yield: about 24 servings

### **My Recipe Notes:**

## **Watermelon Slush**

Summery slushy watermelon cooler!

### Ingredients

1 C. water  
2 C. chopped watermelon  
2 Tbs. sugar  
1 Tbs. lemon juice

### Directions

Cut watermelon into 1-inch cubes. In a blender combine water, watermelon, sugar, and lemon juice and ice until smooth. Garnish with small watermelon wedge and a slice of lemon.

### **My Recipe Notes:**

## **Strawberry Slush**

This sweet slush recipe uses strawberries and fruit punch!

### Ingredients

1 C. frozen strawberries  
1/4 C. sugar  
2 C. fruit punch concentrate  
1 C. cold water  
3-4 ice cubes

### Directions

Put all ingredients and two ice cubes in a blender, and blend until smooth. Check to see if the slush is thick enough. If not, add more ice cubes and blend some more. Serve cold.

### **My Recipe Notes:**

## Cocktails

### [Mango Margaritas](#)

This unique Wolfgang Puck recipe is the perfect beverage for your Cinco de Mayo fiesta!

#### Ingredients

2 oz. good-quality tequila  
1 oz. orange-flavored liqueur  
1 oz. pureed ripe mango  
2 Tbs. quick-dissolving sugar  
1 Tbs. lime juice  
1 C. ice cubes

#### Directions

In a blender container, combine the tequila, orange liqueur, mango puree, sugar and lime juice. Add the ice, cover securely, and blend until smooth. Serve in chilled glasses, rimmed with salt if you like.

#### **My Recipe Notes:**

## **Banana Daiquiri**

This cocktail is so filled with banana-y goodness, that you'll be fighting off monkeys to try it!

### Ingredients

2 oz. white rum  
1/2 oz. banana liqueur  
1/2 small banana  
1/2 oz. lime juice

### Directions

Put ingredients in a blender and blend for about 30 seconds. Pour into a margarita glass over 3 cracked ice cubes. Garnish with a banana slice.

### **My Recipe Notes:**

## Grenada

This gorgeous cocktail combines exotic flavors with a beautiful presentation.

### Ingredients

juice of 1/2 an orange  
1 oz. sweet vermouth  
2 oz. golden rum  
pinch of cinnamon

### Directions

Pour ingredients into a mixing glass with ice and stir vigorously. Strain into a cocktail glass and sprinkle with cinnamon. Serve.

### **My Recipe Notes:**

## **Raspberry Bohemia by Chef Rick Bayless**

Chef Rick Bayless created this drink, and it's delicious!

### Ingredients

1 1/2 cans (12 oz. each) frozen raspberry juice concentrate, thawed  
3/4 C. freshly squeezed lime juice  
6 bottles (12 oz. each) Bohemia beer, chilled  
optional garnish: whole raspberries

### Directions

Mix raspberry juice concentrate (undiluted) with lime juice in a pitcher. Refrigerate until serving time. To serve, pour about 1/3 cup of the raspberry mixture into chilled beer glasses. Top with chilled Bohemia. Garnish with raspberries for a refreshing summer beverage.

### **My Recipe Notes:**

## **Sea Breeze**

This is the perfect beach-side beverage.

### Ingredients

1/2 oz. grapefruit juice  
1/2 oz. cranberry juice  
1 oz. dry vermouth  
3 oz. gin

### Directions

Put a couple of ice cubes in a mixing glass and pour in ingredients. Stir gently. Put about 5 fresh ice cubes into a highball glass and strain cocktail over ice. Decorate with a lime slice if desired.

### **My Recipe Notes:**

## **Limeade Cocktail**

The best citrus cocktail for a hot day. Enjoy!

### Ingredients

3/4 C. water  
1/8 C. sugar  
1/3 C. freshly squeezed lime juice  
1 1/2 oz. dark rum

### Directions

Boil water and combine with sugar. Stir until sugar dissolves and chill. Add lime juice and rum. Pour into a highball glass with ice. Garnish with a lime wedge and serve.

### **My Recipe Notes:**

## **Tequila Ta-Tas**

This summer treat is fun for the whole gang. The beautiful aroma will be the talk of the party.

### Ingredients

- \* 2 pints tequila
- \* 1 quart orange juice
- \* 1 quart cranberry juice
- \* 1 quart vanilla ice cream
- \* 2 oranges, sliced into little rings

### Directions

In a blender mix all the juices, ice cream and the tequila and pour into tall glasses. Put an orange slice on for garnish. Serve to your guests. This recipe can be served without tequila for the little ones.

### **My Recipe Notes:**

## **June Bug**

This is my absolute favorite cocktail- it tastes like vacation!

### Ingredients

1 oz. Midori melon liqueur  
1 oz. Malibu coconut rum  
1 oz. banana liqueur  
1 oz. lemon juice  
2 oz. pineapple juice

### Directions

Shake all ingredients in a mixer with ice until foamy. Pour drink, ice and all, into a highball glass and serve.

### **My Recipe Notes:**

## **Sex on the Beach Cocktail**

This sweet sipper is a fun summer treat!

### Ingredients

1 1/3 oz. vodka  
2/3 oz. peach schnapps  
1 1/3 oz. cranberry juice  
1 1/3 oz. orange juice

### Directions

Fill a cocktail shaker with ice and pour in ingredients. Shake ingredients and strain into a highball glass filled with ice.

### **My Recipe Notes:**

## **Summer Marvel**

A refreshing cocktail made with pink lemonade and vodka.

### Ingredients

1 (1.5 fluid oz.) jigger citron vodka  
2 fluid oz. pink lemonade  
1/4 fluid oz. lime juice  
1/2 fluid oz. cranberry juice  
1 lime, sliced

### Directions

Rub rim of cocktail glass with a slice fresh lime and drop lime into glass. In a cocktail shaker full of ice combine vodka, lemonade, a splash of lime juice and a splash of cranberry juice. Shake vigorously for 10 seconds and pour into cocktail glass.

### **My Recipe Notes:**

## Cooling Coffee Drinks

### [Mocha Smoothie](#)

This is delicious and a great way to perk you up with a great flavor. Not recommended for children.

#### Ingredients

1 scoop chocolate Nesquick dry mix  
5 oz. cold coffee  
2 oz. milk  
dash cinnamon  
1-1 1/2 C. ice

#### Directions

Place all of the ingredients in a blender and blend until smooth. You can use more or less ice to change the thickness of the smoothie.

#### **My Recipe Notes:**

## **Thai Iced Coffee**

Here's a sweet twist on iced coffee. The condensed milk makes the drink a little thick, but you could thin it with more coffee or some regular milk.

### Ingredients

6 ice cubes  
3/4 C. freshly brewed strong coffee  
1/4 C. sweetened condensed milk

### Directions

Blend ice at high speed until shaved. Transfer to a tall glass. Combine coffee and condensed milk in blender and blend at high speed until smooth and frothy. Pour over ice and serve with a spoon.

### **My Recipe Notes:**

## **Dulce de Leche Frappe**

Nothing beats an ice cold frappé - unless it's flavored with coffee and dulce de leche ice cream.

### Ingredients

1/3 C. hot water  
4 tsp. NESCAFÉ TASTER'S CHOICE 100% Pure Instant Coffee Granules  
1 C. ice cubes  
1 C. dulce de leche flavor ice cream

### Directions

Combine water and coffee granules in small C.; stir until coffee is dissolved. Place coffee mixture, ice and ice cream in blender; cover. Blend until smooth; serve immediately.

Yield: 2 servings.

### **My Recipe Notes:**

## **Frappuccino**

This is a basic recipe for frappuccino, the slushy blended coffee drinks people line up for at coffeehouses. Make it at home and save yourself the trip.

### Ingredients

3/4 C. hot espresso or strong brewed coffee (see note)  
3 Tbs. sugar  
1 C. low-fat (1% or 2%) milk  
1 tsp. pectin  
1 C. ice cubes

### Directions

Place the espresso in a pitcher and stir in the sugar; allow the mixture to cool at room temperature. When cool, stir the milk and pectin (for thickening) into the espresso mixture until the pectin is dissolved. Place the mixture in a blender and add the ice cubes. Blend for 30 to 45 seconds or to the desired consistency.

Note: To substitute regular coffee for espresso, brew regular coffee once. Then pass the brewed coffee a second time through the coffee machine, leaving the original filter with the grounds in place. After brewing a second time, run plain water without coffee grounds through the machine to clean it before using it again.

Yield: 2 servings

### **My Recipe Notes:**

## **Mocha Cooler**

A refreshing blend of chocolate and coffee flavors in a frosty drink you'll enjoy sipping this summer.

### Ingredients

3/4 C. strongly-brewed Coffee  
2 C. chocolate ice cream  
1 tsp. Vanilla  
1/2 tsp. Cinnamon  
crushed ice, if desired

### Directions

Place coffee, ice cream, vanilla and cinnamon in blender container. Process until smooth. Serve over crushed ice or top with whipped cream.

Yield: 2 servings

### **My Recipe Notes:**

## **Irish Cream Iced Cappuccino**

This version has 43% less calories and 2 grams of fat per serving thanks to Equal and fat-free milk, but with all the flavor.

### Ingredients

1/2 C. unsweetened cocoa  
1/2 C. instant coffee granules  
1 C. water  
1/2 C. Equal Spoonful (May substitute 12 packets Equal sweetener)  
6 C. fat-free milk  
1/2 C. liquid Irish cream coffee creamer or flavor of choice Ice cubes

### Directions

Whisk together cocoa, instant coffee and water in a large saucepan until smooth. Bring to boiling over medium heat, whisking constantly. Boil, whisking constantly, 2 minutes. Remove mixture from heat. Stir in Equal. Cool slightly. Whisk in milk and creamer. Refrigerate, covered, at least 4 hours or up to 2 days. Serve over ice cubes.

Tip: When using Equal no-calorie sweetener, use recipes designed for Equal or maintain sweetness by adding Equal after removing the dish from heat. Prolonged cooking at high heat levels may result in some loss of sweetness.

Yield: 8 servings

### **My Recipe Notes:**

## **Cinnamon-Caramel Iced Coffee**

This is a great drink to cool off with in the summer. There's a lot of sugar, but it'll certainly start your day off right!

### Ingredients

6 Tbs. Maxwell House Coffee, any variety  
1/2 tsp. ground cinnamon  
1/2 C. caramel flavored dessert topping  
4 1/2 C. cold water  
thawed Cool Whip whipped topping (optional)

### Directions

Place coffee in filter in brew basket of coffee maker; sprinkle with cinnamon. Place caramel topping in empty pot of coffee maker. Add water to coffee maker; brew. When brewing is complete, stir until well mixed. Refrigerate until ready to serve. Pour coffee mixture over Coffee Ice Cubes in tall glasses. Serve with milk and sugar, if desired. Top each serving with thawed Cool Whip Whipped Topping. Garnish with chopped chocolate-covered toffee.

Tip: Pour cooled coffee into ice cube trays. Freeze until solid. Use to chill iced coffee drinks without diluting flavor.

Yield: 6 servings

### **My Recipe Notes:**

## **Espresso Granita with Whipped Cream**

The perfect dessert for coffee-lovers.

### Ingredients

2 C. espresso coffee, ground beans  
3 C. water  
1/4 C. plus 4 tsp. sugar or more to taste  
2/3 C. heavy cream

### Directions

Using an espresso machine, make coffee with the ground espresso and the water. You should have 1 3/4 C. strong espresso. Alternatively, make 1 3/4 C. espresso using a French press or drip coffee maker. Add the 1/4 C. sugar and stir until dissolved. Taste the espresso and add more sugar if necessary. Chill in the refrigerator, or, to hasten the process, pour the espresso into a stainless-steel bowl, set it in a larger bowl filled with ice, and stir the coffee until cold. Pour the chilled coffee into two 9-by-9-inch stainless-steel pans. Freeze for 15 minutes. Stir well and return the pans to the freezer. Continue freezing, stirring every 10 minutes, until the granita is completely frozen, about 40 minutes in all. In a medium bowl, using a hand-held electric mixer beat the cream with the remaining 4 tsp. of sugar until the cream holds soft peaks when the beaters are lifted. Scoop the granita into chilled serving bowls and top with the whipped cream.

### **My Recipe Notes:**

## **Café Chocolate Strawberry Frappe**

This coffee drink flavored with strawberries and ice cream is fantastic on a summer day.

### Ingredients

3 scoops strawberry ice cream (about 1/2 C. each)  
1/4 C. chocolate syrup  
3 Tbs. sugar  
1 C. strong, fresh-brewed coffee  
1 C. ice cubes  
Whipped cream, optional  
3 ripe strawberries, sliced, optional

### Directions

In a blender, combine the ice cream, chocolate syrup and sugar. Pulse just to blend. Add the coffee and ice cubes and blend at high speed until the ice is crushed fine and the ingredients are thoroughly mixed. Pour into glasses. Top with a dollop of whipped cream and fresh strawberry slices if you like.

Yield: 2 servings

### **My Recipe Notes:**

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