

SWEET SIPS

Even picky eaters love sipping

(or slurping!) drinks like refreshing lemonade or smooth and creamy shakes. There's a real health benefit to making your own drinks, too. You can control the amount of sugar they



contain, preserve the natural vitamins in fruit, and add



essential minerals like calcium by including yogurt, milk, and—once in a while—ice cream. Making drinks with your kids is also a simple way to get them "cooking." The drinks here are scrumptious, special treats to try.



BIG BIrd's sunny pays Lemonade

Preparation time: 10 minutes plus cooling time • Cooking time: 5 minutes Makes 2½ cups syrup (10 cups lemonade)

This recipe makes condensed lemonade syrup that can be diluted with water to make regular lemonade or with seltzer to make sparkling lemonade. Use the lesser amount of sugar to make a slightly tart lemonade, the higher amount for a sweeter sip.

INGREDIENTS

- 2 cups water
- ¾ to 1 cup sugar
- Juice of 4 large lemons (1 cup)

equipment

- Measuring cups
- Medium saucepan
- Spoon
- Knife
- Juicer
- Storage container with lid (3-cup)
- Drinking glasses

Combine the water and sugar in a medium saucepan. Bring to a boil over high heat, stirring to dissolve the sugar.



Roll the lemon on the counter with the palms of your hands, pressing down hard with one hand on top of the other.

Halve and juice the lemons. Remove the sugar syrup from the heat and stir in the lemon juice. Set aside to cool completely. You can store the lemonade syrup in a covered container in the refrigerator for up to one week.



To make lemonade, place ½ cup of lemonade syrup in a glass, add ice cubes, if you like, and fill with water or seltzer.

Lemons are sour.
Sugar is sweet.
Together they make
a real tasty treat!







angos grow rees in warm her places. I'd a tango for a mango!

DIENTS

trawberries, aves and moved ango, cut into bout 1 cup)

low-fat milk ounces) low-fat rogurt

on dried mint I)

ment

na cups

Rosita's strawberry-mango smoothie

Preparation time: 15 minutes • Makes 4 to 6 servings (4 cups)

Fruits are naturally sweet, eaten whole or in a recipe. A pinch of dried mint "wakes up" the flavor of any fruit smoothie, but it's not an essential ingredient in this recipe.

Combine the strawberries, mango cubes, and milk in the container of a blender. (Make sure to keep your children's fingers away from the sharp blender blades.) Whirl on high until smooth, about 1 minute.

Add the yogurt and mint, if using, to the blender.

Whirl on high 20 seconds longer.



My favorite color—and it matches your nose!

ngredients

2 cups orange juice
1 cup (8 ounces) low-fat
vanilla yogurt
1 cup (2 scoops) low-fat
vanilla frozen yogurt or
ice cream, softened

QUIPMENT

8 ice cubes

Measuring cups 8-cup glass measuring cup or pitcher Long-handled wooden sooon

Best Buddies orange crème shake

Preparation time: 5 minutes • Makes 4 servings (4 cups)

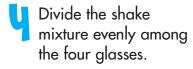
This creamy shake tastes just like an orange fruit pop. Yum!

Combine the orange juice, yogurt, and ice cream in an 8-cup glass measuring cup or pitcher.

Use a long-handled wooden spoon to stir the orange juice mixture until the ice cream melts.



Put two ice cubes in each of four glasses.







oscar's spicy cider

Preparation time: 10 minutes • Cooking time: 15 minutes • Makes 16 servings (½ cup each)

Everyone knows that worms love apples. So Oscar often makes this drink for his favorite worm pal, Slimey. The mildly spicy, citrusscented apple cider can be served either warm or cold. It's easy to make, even for grouches!

Ingredients

- 8 whole cloves
- 4 lemon slices, seeded and halved
- 4 cinnamon sticks
- 4 orange slices, seeded and quartered
- ¾ gallon apple cider

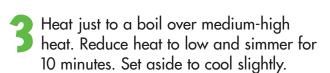
equipment

- Large saucepan
- Slotted spoon
- Mugs

Stick a clove into the white part of each lemon slice. Break each cinnamon stick kids in half.



In a large saucepan, combine the clovestudded lemon slices, cinnamon sticks, and orange slices. Pour in the apple cider with help from a grown-up.



With a slotted spoon, remove the cinnamon sticks and fruit slices. Ladle into mugs to serve warm, or refrigerate and serve chilled.









Elmo likes old milk, too. Ilmo drinks it every day!

DIENTS

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milk chocolate or ocolate, cut up scoops low-fat

scoops low-tat rozen yogurt or

ment

ng cups ng spoons

mommy-and-eimo hot cocoa fioat

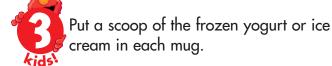
Preparation time: 2 minutes • Cooking time: 5 minutes • Makes 4 servings (6 ounces each)

This hot cocoa is enriched with real milk chocolate and a scoop of ice-cream topping, so a little goes a long way to satisfy a sweet tooth. Save this dessert-like drink for special occasions, but hot chocolate without topping is tasty and comforting anytime.



Use a whisk to mix together the sugar, cocoa powder, and salt in a medium saucepan. Then slowly whisk in the milk.

Pring the milk mixture to a gentle simmer over medium heat, whisking often. Add the chocolate; whisk until blended.



Pour the hot cocoa over the ice cream in the muas.

