



What do
lemons do when
they get in
trouble?

Elmo knows,
Elmo knows!
They call for
lemon-aid!



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 DAYS 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

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



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

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

3 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.



4 To make lemonade, place ¼ cup of lemonade syrup in a glass, add ice cubes, if you like, and fill with water or seltzer.



Big Bird asked his Granny Bird, “Why does rolling a lemon make it juicier?” Granny Bird told him that the juice in a lemon (or orange) is held in sections. When you roll the lemon on the counter and press hard with the palm of your hand before you squeeze it, you crush those sections. That makes it easier for the juice to escape.



TIP:
To make pink lemonade, add a splash of cranberry juice to the mix. To make lemon limeade, use 2 lemons and 6 limes in place of the 4 lemons called for in the recipe.



Mangos grow
trees in warm
her places. I'd
a tango for
a mango!

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.

INGREDIENTS

strawberries,
aves and
moved
mango, cut into
bout 1 cup)
low-fat milk
(ounces) low-fat
yogurt
oon dried mint
(l)
es

1 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.



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

3 Whirl on high 20 seconds longer.

INSTRUCTIONS

na cups





My favorite color—and it matches your nose!

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!

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



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



3 Put two ice cubes in each of four glasses.

4 Divide the shake mixture evenly among the four glasses.

INGREDIENTS

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
8 ice cubes

EQUIPMENT

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





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, citrus-scented 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
- ½ gallon apple cider

EQUIPMENT

- Large saucepan
- Slotted spoon
- Mugs



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



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

TIP:
If you don't have cinnamon sticks, use 1 teaspoon ground cinnamon.

3 Heat just to a boil over medium-high heat. Reduce heat to low and simmer for 10 minutes. Set aside to cool slightly.

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





Oscar didn't know what cinnamon was, so he looked it up on the Grouch-wide Web. He found out that cinnamon is a sweet spice made from the bark of a tree. The cinnamon stick is actually the bark, rolled up! Cinnamon bark can also be ground up to make cinnamon powder.



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

mommy-and-elmo

hot COCOA float

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.

INGREDIENTS

1/2 cup sugar
2 tablespoons unsweet-
ened cocoa powder
1/4 teaspoon salt
1/2 cup low-fat milk
1/2 cup milk chocolate or
dark chocolate, cut up
1/2 cup scoops low-fat
frozen yogurt or
ice cream

EQUIPMENT

4 measuring cups
4 measuring spoons



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

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



Put a scoop of the frozen yogurt or ice cream in each mug.

4 Pour the hot cocoa over the ice cream in the mugs.



TIP:

To flavor your hot cocoa, substitute different types of ice creams, such as mint chocolate chip or dulce de leche, for the vanilla that's called for in this recipe.