Tropical Mixed Fruit

A colorful medley of kiwi, strawberries, pineapple, and peaches
Yield:

6-8 servings
Ingredients:

8 oz. strawberries (fresh or frozen, but the former preferrable)
4 kiwi
29 oz. canned peach slicesÂ in light syrup (drained)
15 oz. canned pinable bits in their own juices (keep juice)
Instructions:

1.
Stem strawberries. Cut the strawberries in halves or quarters, depending on preference. Small garden strawberries need not be diced.
Dump into a large bowl (preferrably one that has a lid).

2. Peel the kiwi with a knife, removing the fuzzy exterior skin.
Slice into bite size pieces. Dump into the bowl with strawberries.

3. Add drained peaches to the fruit bowl. You may also slice the peach slices in half.

4. Add the pineapple tidbits and pineapple juice to the fuit bowl and gently stir and mix the fruit.

5. Refrigerate and serve cold.



Tropical Mixed Fruit

Cream Cheese Apple Dip

A fluffy creamy vanilla-cinnamon dip for apple slices
Yield:

4-6 servings
Ingredients:

8 ounces cream cheese, softened
1/2 cup brown sugar (I use dark brown sugar)
1-2 teaspoons cinnamon (I like lots!)
1 teaspoon vanilla extract
Fresh apple slices from about 6 apples, for serving
Instructions:

1. Combine ingredients in a mixing bowl and beat with electric mixer until no lumps remain. Serve with fresh apple slices!



Cream Cheese Apple Dip

This recipe is from Tammy’s Recipes.

My Mom’s Baked Apples

Cinnamon-sugar sprinkled over baked apple pieces; delicious hot or cold!
Yield:

9 servings
Ingredients:

9 cooking apples (anything except Red Delicious will work)
3/4 cup water
lemon juice, optional
3-4 tablespoons sugar
1 tablespoon cinnamon
Instructions:

1. Peel apples. Cut each apple in half and remove the core.

2. Place apples core-side-up in a 9×13-inch glass baking dish. Pour a
little water into the dish – about 3/4 cup – so that there's a thin
layer on the bottom.

3. If apples are not very tart, sprinkle with lemon juice. For tart apples, skip this step.

4. Sprinkle each apple half with about 1/2 teaspoon sugar.

5. Sprinkle cinnamon over apples.

6. Bake uncovered in a pre-heated 325 degree oven for 25-35 minutes or until apples test tender with a fork. Serve hot or cold, or over ice cream!



My Mom's Baked Apples

This recipe is from Tammy's Recipes.

Blueberry Orange Julius

A creamy blueberry-orange smoothie with milk and a hint of vanilla
Yield:

2 servings
Ingredients:

3 ounces frozen orange juice concentrate
1/2 cup milk*
1/2 cup water
2 tablespoons sugar
1 teaspoon vanilla extract
1/2 banana, optional
1 cup frozen blueberries
6 regular-sized ice cubes (or until desired consistency)
Instructions:

1. Blend together orange juice concentrate, milk, water, sugar, vanilla, and banana (if using) for 1 minute.

2. Add blueberries and blend for a couple minutes, until smooth.

3. Add ice cubes to blender, one at a time, blending after each one until smooth. You don’t want chunks of ice in your smoothie!



Blueberry Orange Julius

This recipe is from Tammy’s Recipes.

Strawberry Banana Kefir Smoothie

A deliciously fruity kefir smoothie, perfect for a quick breakfast or snack!
Yield:

1 large smoothie
Ingredients:

1 large banana, broken into 4 chunks
1 cup frozen strawberries
1 cup kefir
stevia or other sweetener, optional

For more protein, you can also add in a scoop of protein powder

(vanilla or unflavored soy or whey protein, which is sold for shakes)
Instructions:

1. Place banana, strawberries, kefir, and stevia (if using) into a blender.

2. Blend for a minute or two, until smooth. Pour into a large glass or two smaller glasses and enjoy!



Strawberry Banana Kefir Smoothie

This recipe is from Tammy’s Recipes.

Strawberry Green Smoothie

A delicious and healthy strawberry smoothie with spinach!

Yield: 2 servings

Ingredients:

1 cup milk

1 large handful of fresh spinach leaves (about 3oz.)
1 tablespoon sugar or xylitol (optional)*
1 small banana (optional)**
6-8 frozen strawberries
Whipped cream, for serving (optional)
Instructions:

1. Whirl milk, spinach, and sweetener in blender on high until foamy and green.

2. Add banana if using; whirl until smooth.

3. Turn blender on high and add frozen strawberries, one at a time, until smoothie reaches desired thickness.

4. Pour smoothies into glasses. For a luxurious treat, add a dollop of whipped cream and stir before serving!



Strawberry Green Smoothie

This recipe is from Tammy’s Recipes.

Strawberry Slushie

A quick ice-cold homemade strawberry drink!
Yield:

1 serving
Ingredients:

1/2 cup hot water (140 degrees or hotter)
1-2 tablespoons sugar, xylitol, or sweetener of your choice
a pinch of citric acid*
Frozen strawberries**
Instructions:

1. Place hot water in blender, along with sugar and citric acid.

2. Turn on blender and add frozen strawberries one at a time until a slushie consistency is reached. Pour into a glass and enjoy!



Strawberry Slushie

This recipe is from Tammy’s Recipes.

Homemade Mocha Frappuccino

A cool and creamy mocha frappuccino that takes just minutes to make! Includes instructions for a dry mix (just add milk)!
Yield:

1 large serving (2 1/2 cups)
Ingredients:

2 cups milk*
2 tablespoons Dutch process baking cocoa (unsweetened)**
1 tablespoon instant coffee granules
2 tablespoons sugar or other sweetener (we use granulated xylitol)
Optional ingredients: See additional notes below
Instructions:

1. Pour milk in a blender.

2. Add remaining ingredients and blend first on low and then on high
for 1-2 minutes, until ingredients look uniform and combined. (A longer
blending time will make a more frothy drink.)

3. Pour into a glass and serve!

Using 2 cups of milk will make about 2.5-3 cups of frappuccino after
blending. Since it uses baking cocoa, the cocoa does tend to fall to the
bottom of the drink after a bit. We use a straw to stir/drink.

You can also make this ahead and store in the fridge in a bottle/jar with a lid. Shake briefly before drinking.



Homemade Mocha Frappuccino

This recipe is from Tammy’s Recipes.

Homemade Hot Chocolate Mix

A pre-made dry mix for hot cocoa; just add hot water and enjoy!
Yield:

15 servings
Ingredients:

2 cups nonfat dry milk
1 cup granulated sugar
1/2 cup unsweetened baking cocoa
1/2 cup dry non-dairy creamer*
dash of salt
Instructions:

1. Combine all ingredients and stir well to mix. Store in an airtight container.

To serve, add 1/4 cup of mix to 8 ounces of hot water, adjusting to taste. Stir and enjoy!
Additional Notes:

*The non-dairy creamer is optional, though I prefer some kind of creamer added; so if you leave it out, consider adding a splash of heavy cream to your hot cocoa before drinking!



Homemade Hot Chocolate Mix

This recipe is from Tammy’s Recipe.

Spiced Chai Tea

A spicy fragrant homemade chai tea
Yield:

4 servings
Ingredients:

1-2 cinnamon sticks (3-4 inches long), broken
1 teaspoon whole cloves, crushed
1/2-1 teaspoon cardamom seeds, crushed (or 2 teaspoons green

cardamom pods, crushed)
8-10 whole allspice berries, crushed
1/2 teaspoon black peppercorns, crushed
1/2-1 teaspoon ground ginger*
4 cups water
1 tablespoon loose leaf black tea
1/4 cup heavy cream (or milk to taste)**
Honey or brown sugar, to taste

Instructions:

1. Combine spices and water in a saucepan. Bring to a boil and simmer for 10-15 minutes.

2. Remove from heat and stir in the tea leaves. Allow to brew for 3-5 minutes.

3. Strain tea into cups or a tea pot. (If using a tea pot, pre-heat
the pot with boiling water first.) I use a fine mesh strainer to
strain.***

4. Add cream and sweetener to taste. I prefer dark brown sugar and heavy cream in my chai, but you can use any sweetener you like, and substitute milk or half and half for the cream.



Spiced Chai Tea

This recipe is from Tammy’s Recipes.