

ZOOMING INTO SUMMER 2020



Refreshing Beverages

MONROE COUNTY 4-H



CREATIVE CHEFS



HEAD



HANDS



HEART



HEALTH

Cornell Cooperative Extension
Monroe County



Name of Recipe:
A Very Fruity Summer

Yield: ~1 Cup for one person

Ingredients:

- 1 cup of Wegmans Organic Orange Mango Juice
- 1/2 chopped mango
- 1 chopped strawberry
- 1 tbs concentrated apple juice
- pinch sugar

1. Add one cup of Wegmans Organic Orange Mango Juice
2. Add half cup of chopped mango
3. Pour in one tablespoon of concentrated apple juice
4. Taste to make sure the apple juice doesn't overpower the mango juice
5. Chop up a strawberry and drop it in
6. Add a pinch of sugar for flavor
7. Taste!!

Recipe by Olivia S.



Name of Recipe:
Summer Slushie

Ingredients:

- Strawberries
- Banana
- Ice (easier if it is crushed before blender)
- Dark chocolate (I used 86%)

1. Chop up the fruit as small as possible and blend that with a little water
2. Strain the mixture and set aside
3. Melt dark chocolate completely for drizzle and set aside
4. Put crushed ice in the blender and blend until it is a fine “snow”
5. Pour the fruit “syrup” mixture over the ice slowly and stir
6. Drizzle dark chocolate
7. Garnish and serve

Recipe by
Madelyn W.



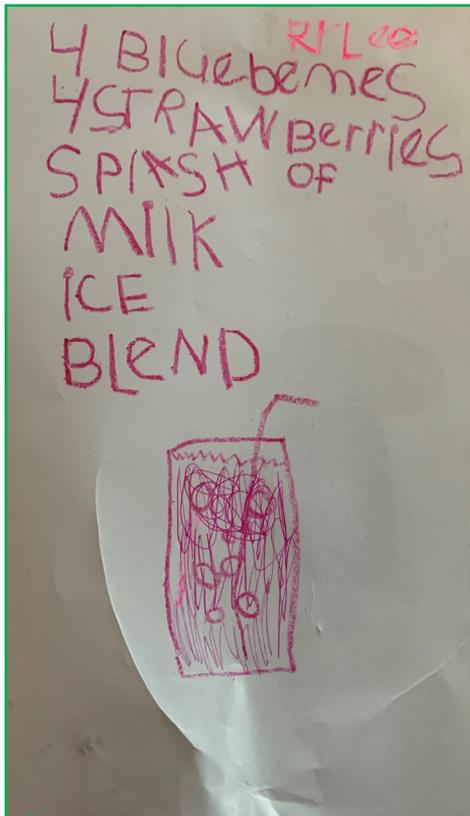
Name of Recipe:
Berry Smoothie

Ingredients:

- 4 Blueberries
- 4 Strawberries
- Milk
- Ice

1. Blend all & serve

Recipe by Rylee M.



Mackenzie (left)
& Rylee (right)



Name of Recipe:
Berry Smoothie

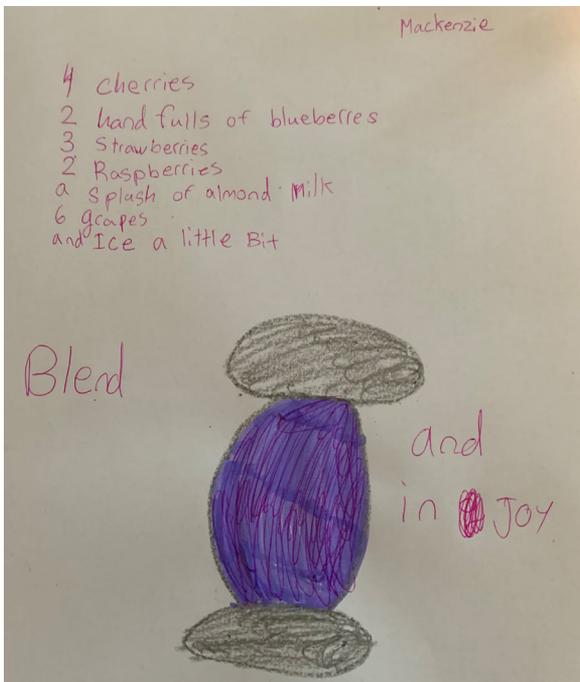
Ingredients:

- 4 Cherries
- 2 "handfulls" of blueberries
- 3 Strawberries
- 2 Raspberries
- Almond Milk (splash)
- 6 Grapes
- Ice (a little bit)



1. Blend all & serve

Recipe by Mackenzie M.



Name of Recipe:
A Tropical Breeze

Ingredients:

- 1 cup Pineapple
- 1 cup Mango
- 1/2 cup Banana
- Orange (1 whole)
- 1/2 cup Almond milk
- Flax seed (improves digestion)

1. Blend & drink

Recipe by Silas A.



Name of Recipe:
Lemon-Mint “Tea”

Ingredients:

- 1 Lemon, sliced
- Raspberries, chopped
- 1 cherry, chopped
- Mint, strainer
- Yarrow, strainer
- Chickweed, strainer
- Water

Using an infusion water bottle:

1. Place Mint, Yarrow & Chickweed in strainer portion of bottle
2. Place fruits in bottle above the strainer
3. Add water
4. Serve

Recipe by Andi D.



Name of Recipe:

Chocolate-Banana Milkshake

Ingredients:

- Vanilla yogurt
- Banana
- Cocoa powder 2 T
- Milk (any kind) 1 c
- Maple Syrup 1 T

1. Blend in blender
2. Pour into cup
3. Drink thru straw

Recipe by Grace P.



4-H GROWS HERE

Name of Recipe:
Strawberry Supreme

Ingredients:

- Any fruit we used strawberries
- Agave syrup
- Sparkling water

1. First you take the strawberries and blend them
2. Then you add the agave syrup and blend it
3. Then add the sparkling water and blend until smooth

Recipe by Madeline G.



4-H GROWS HERE

MONROE COUNTY 4-H FAIR:
ZOOMING INTO SUMMER



SUNDAY, JULY 5 - SATURDAY, JULY 11



CREATIVE CHEFS



Cornell Cooperative Extension
Monroe County



Recipes compiled during Zooming Into
Summer 2020: Creative Chefs Week

Thank you to all who participated!

Cornell Cooperative Extension
Monroe County



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action educator and employer.*

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