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By Fresh Baby Fans and Cheryl Tallman

Special thanks to the contestants and contributors  
Of these very tasty summer time recipes!



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# 2010 Winners

## Watermelon Agua Fresca by Tina Butler

| Ingredients  | Directions   |
|--|--|
| 7 - 8 cups cubed watermelon (seeded)   | Place watermelon, water and simple syrup in a blender and puree. Puree until everything is mixed together. |
| 1 - cup water  |  |
| 1/2 - cup prepared simple syrup (recipe below)   | Pour mixture through a medium strainer into a bowl then pour into a pitcher. Serve over ice and enjoy.     |
| <i>Chopped mint leaves, optional</i>   |  |
| <b>Simple Syrup</b>  |  |
| <ul style="list-style-type: none"><li>• 1 cup white sugar</li><li>• 1 cup water</li></ul>                          |  |
| In a medium saucepan combine sugar and water. Bring to a boil, stirring, until sugar has dissolved. Allow to cool. |  |

## Grilled Honeydew with Greek Yogurt by Amy Jo

### Ingredients

- 1 cup Greek plain yogurt
- 2 Tbsp. lime juice
- 1 tsp. apple cider vinegar
- 2 tsp. olive oil
- 1/2 tsp. cinnamon
- sea salt, to taste
- 15 4 inch long triangles of honeydew melon, approximately 1 1/2 inches thick
- 1/3 cup pureed carrots
- 1/3 cup pureed peas

### Directions

1. Preheat the grill.
2. In a large bowl, combine first 6 ingredients; mix well.
3. Spritz melon with additional olive oil; place onto the grill for 30 seconds on each side. Transfer to plates.
4. Top with yogurt mixture and a dollop of pureed carrots and peas. Enjoy!



## Strawberry Coconut Milk Ice Cream by Nancy Newcomer

### Ingredients:

- 2 cans full fat coconut milk (put in fridge until nice & cold)
- 2 1/2 cups frozen strawberries (freeze fresh ones ahead of time)
- 1/4 cup agave nectar
- 1 tablespoon vanilla extract
- 1 tsp meyer lemon juice
- 

**Directions:** Add all ingredients into food processor or blender--mix/blend thoroughly. Pour ice cream maker and mix in maker 25-35 min before pouring into air tight Chill 3-5 hours before serving. So good!





# 10 Super Quick Heat Beaters

- 1 Add pureed frozen strawberries to store-bought lemonade. Cool and Tasty!
- 2 Freeze fruit-flavored yogurt or pudding in small cups. Serve with a spoon.
- 3 Freeze no-sugar added applesauce cups, drizzle with caramel sauce and serve with a spoon
- 4 Freeze fruit juice in ice cube trays. Add a few cubes to a cup of water. Instant refreshment.
- 5 Make a fruit slushie by whirling equal parts 100% fruit juice and ice in a blender. Serve in a glass with a straw.
- 6 Make an afternoon snack plate of cucumber slices with ranch dressing for dipping.
- 7 Slice up a seeded watermelon and have a watermelon seed spitting contest. Delicious outdoor fun!
- 8 Make Jello-O with added fruit! It's jigglin' summer fun!
- 9 Drink an ice-cold glass of water – Ahhhh!
- 10 Make a recipe from your “Treats to Beat the Heat” cookbook and enjoy the favors of summer!



# Thirst Quenching Drinks & Smoothies

## Spa Water

“Refreshing and no sugar”- Nancy Newcomer



### Directions:

Add cucumbers, lemon, mint & fresh ginger to fresh water or bubbly mineral water.

The kids also love "Berry Water" with blueberries, strawberries & mint.

## Single Serving Lemonade

“I put this together in a pinch the other day when I needed a cool drink – and my kids loved it! It would be easy to double next time” - Susi Braun

| Ingredients                            | Directions   |  |  |
|--|--|--|--|
| 1 lemon, freshly squeezed into a glass | Stir together until sugar is dissolved, then add 1 cup cold water and ice. AAHHH ☺ |  |  |
| 1 cup hot water                        |  |  |  |
| 2 Tbsp sugar                           |  |  |  |

## Banana Milk

### Ingredients:

- 1 ripe banana, peeled
- 1 cup milk
- Dash of cinnamon

**Directions:** Whirl all ingredients in a blender. Pour into glasses.



## Pineapple Mango Fruit Smoothie

“Everyone who has tried this loves it and cannot tell that it is non-dairy!” – Kristen Geller

| Ingredients  | Directions  |
|--|---|
| 1 cup frozen mango chunks                                | Place all ingredients in blender and whirl until smooth.<br>Serves 2-4 people |
| 1 cup frozen pineapple chunks                            |   |
| 1 ripe banana  |   |
| 1 container of coconut yogurt, vanilla flavor            |   |
| 2 small scoops of vanilla rice dream ice cream           |   |
| 2 cups Mango/Orange juice                                |   |
| <i>1 "shot" of vanilla rice protein powder, optional</i> |   |

## Strawberry Banana Smoothie

“I love using frozen fruit to make smoothies, they come out so much more thicker and creamier. Keep in mind If using frozen fruit you will need to scale back on the amount of ice in the recipe or it will be way to thick.” – Tina Butler

### Ingredients:

- 1 - cup vanilla almond milk
- 1 1/2 - cups ice
- 2 - ripe bananas fresh or frozen
- 1 - cup whole strawberries fresh or frozen
- 1/2 - 1 - cup strawberry or vanilla yogurt
- 1 - 2 tablespoon honey



**Directions:** Blend everything in the blender on ice breaker then smoothie setting and serve. If you smoothie is to thick add a bit more milk. If it's too thin add more ice.

\*If using frozen fruit scale back on the ice. Makes 2-3 servings.





## Peach & Spinach Smoothie

“The following is an original smoothie recipe that I make for my family all the time. Healthy, refreshing, and OH SO delicious! My 19-month-old drinks this so fast!” - Ashley Reynolds

| Ingredients   | Directions  |
|---|---|
| 4 peaches   | Directions: Puree the peaches first, which creates no need for added juice. Add remaining fruit and about 12 ice cubes. Blend until smooth and enjoy! |
| 1 banana  |   |
| 8 oz strawberries (half a container)                        |   |
| 1/2 cup blueberries--fresh or frozen                        |   |
| 2 handfuls of spinach                                       |   |
| Plain or vanilla yogurt (optional, I usually don't use it!) |   |

## Cucumber Water Cool Down

“Cucumber adds a refreshing burst to tap or bottled water and is great thirst quencher. Here’s a simple recipe to make frozen cucumber cubes, so you can have it on-hand when you need to quench your thirst from that summer heat.” – Cheryl Tallman

### Ingredients:

- 1 cucumber, sliced and unpeeled
- Half a lemon, sliced and unpeeled
- Water

**Directions:** Place 1-2 slices of cucumber and a slice of lemon into your So Easy Storage Trays (or ice cube trays). Then fill with water to half full, so part of your cucumber slice to remain outside the actual ice cube. Cover the trays and freeze. When they are completely frozen, remove them from the freezer and you can see how awesome they look!

For cucumber water, simply add a couple of Cucumber Ice Cubes to a glass of water.



# Veggies, Fruits & Salads

## Chicken Quinoa Salad

Entered by: Julie Riley

### Ingredients:

- 1 cup quinoa
- 3 boneless skinless chicken breasts
- 1 can of black beans
- 1-2 cucumber diced
- 1 medium or large tomato diced
- 1 bag of frozen carrots (or 4-5 fresh) diced
- 3 mushrooms diced
- 2 stalks of celery
- Oil and vinegar dressing or vinaigrette of your choice



### Directions:

1. Wash and drain the quinoa till the water is clear
2. Boil the 1 cup of quinoa with 2 cups of water and a pinch of sea salt till all water is absorbed. Place in bowl and put in fridge to cool.
3. Cook the three chicken breasts to liking (for this recipe I just microwave them)
4. Drain and rinse the black beans
5. Cook carrots and then cool
6. Dice all veggies & chicken. Place in fridge to cool
7. After everything is cooled and chicken is finished mix all ingredients together in a big bowl and add dressing to taste. Serve Chilled

## Cucumber Mint Sandwiches

Entered by: Nannette Melamed

### Ingredients:

1/4 cup loosely packed fresh mint leaves, rinsed, spun dry, and chopped fine  
2 tablespoons unsalted butter, softened  
2 tablespoons cream cheese  
6 slices of whole-wheat bread  
a 3-inch length of seedless cucumber, cut into thin slices

**Directions:** In a small bowl combine the mint, the butter, and the cream cheese and stir the mixture until it is combined well. Spread the bread slices with the butter mixture, top 3 of them with the cucumber, distributing the cucumber evenly and seasoning it with salt, and top the cucumber with the remaining bread slices. Cut off and discard the crusts and cut each sandwich diagonally into quarters.



## Better than Hummus Dip

“Tired of Hummus or just looking for a new dip to try? Here’s one that is fabulous!” – Cheryl Tallman

### Ingredients:

- 1 can (15 oz) white beans, drained and rinsed
- 2 Tbsp mayonnaise
- 1 Tbsp capers
- 1 Tbsp chopped fresh basil
- 1 Tbsp chopped green onions
- 1 garlic clove, minced
- 1 Tbsp lemon juice
- Salt and pepper, to taste

**Directions:** Combine all ingredients in a food processor/blender and process until smooth. Serve in a bowl with veggie crudité’s (carrots, green beans, cherry tomatoes, asparagus, cauliflower, etc...). It’s also great pita chips!



## Fattoush Salad

This is a refreshing Middle Eastern chopped salad with a lemony zip. Chop or dice all of the ingredients into small pieces, so each forkful contains a complete variety of delicious flavors. – Cheryl Tallman

### Salad Ingredients:

- 2 pita breads
- 1 head romaine lettuce, washed and dried
- 4 Roma tomatoes, diced
- 1 cucumber, peeled and diced
- 2 Tbsp mint leaves, chopped
- 2 Tbsp cilantro, chopped
- 2 Tbsp parsley, chopped
- ¼ - ½ cup Lemon Garlic Dressing

### Lemon Garlic Dressing

- ½ cup olive oil
- 1 Tbsp white wine vinegar
- 3 Tbsp lemon juice
- 1-2 cloves garlic, minced
- pinch of salt & pepper

Whisk all ingredients in a small bowl.

**Directions:** Toast pita breads until well done, cool, and break/crush into small pieces. Set aside. Chop lettuce into very small pieces and place in a large bowl. Add the remaining ingredients, including the pita pieces. Pour Lemon Garlic Salad dressing over the salad and toss to combine all the flavors well. Serve.



## Sweet & Sour Cucumber Moons

| Ingredients  | Directions  |
|--|---|
| 1-2 cucumbers, peeled<br>¼ cup rice vinegar<br>¼ cup water<br>1 Tbsp sugar<br>Splash of sesame oil | Slice cucumber down the middle, longwise. With a tablespoon, scrape out the seeds and discard. Slice cucumbers, crosswise, to make crescent moon shapes. Place cucumbers in a serving bowl. In a small mixing bowl, combine vinegar, water, sugar and sesame oil. Stir until sugar is dissolved. Pour dressing over cumpers and toss. Can be served immediately or let stand for 30 minutes to allow cucumber to soak up the sweet & sour flavor. |

## Sweet Tomato Salad

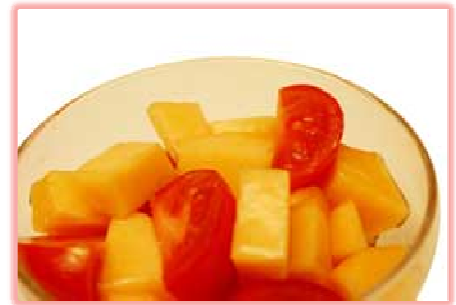
Tomatoes are not often a child's favorite food. Here's a great summer salad with a little touch of sun-kissed sweetness that may win over a picky toddler. To make tomatoes more kid-friendly, remove the seeds. This will eliminate the slippery texture. If your child is okay with the seeds, leave them in because they have lots of nutrients.

### Ingredients:

1 cup fresh tomatoes, seeded (optional) and cut into bite-sized pieces  
1 cup cantaloupe, seeded and cut into bite-sized pieces

### Dressing:

¼ cup olive oil or vegetable oil  
1 Tbsp lime or lemon juice  
1 Tbsp brown sugar  
Dash of salt



### Directions:

Place the tomatoes and cantaloupe in a bowl. In a separate bowl whisk together the dressing ingredients. Just before serving, pour the dressing over the tomato and melon and toss to coat.





## Frozen Grapes and Blueberries

“Frozen grapes and blueberries are an awesome summer treat and so very easy! Sweet and Smooth like sorbet and packed with vitamins and fiber too.” – Cheryl Tallman

### Ingredients:

- Grapes
- Blueberries

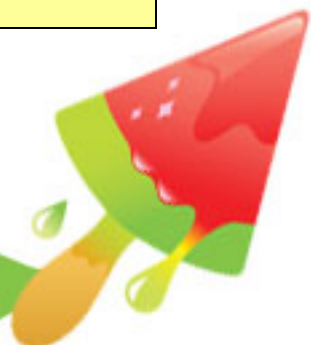
**Directions:** Wash Fruit and Dry, Spread onto a cookie sheet lined with paper towel. Place in freezer and freeze (about 2 -4 hours). Eat Frozen (fruit will become mushy when thawed)! Store frozen fruit in a freezer storage bag.

*Caution: Grapes and blueberries are a choking hazard for children ages 3 and under.*

## Fruit Kabobs with Creamy Cranberry Dipping Sauce

Fruit kabobs are a great picnic table activity and snack! If you're concerned about your child poking themselves with a toothpick, use popsicle sticks or make a small plate or bowl of fruit choices. Let them pick up the pieces with their fingers and dip away!" – Cheryl Tallman

| Fruit Kabob Ingredients  | Directions   |
|--|--|
| <ul style="list-style-type: none"><li>• Fruit Cubes/Pieces, such as:<ul style="list-style-type: none"><li>○ melon</li><li>○ Berries</li><li>○ Pineapple</li><li>○ Peach</li><li>○ Pears</li><li>○ Apples</li></ul></li></ul> | Directions: Thread fruits cubes/pieces onto toothpicks or for smaller children use popsicle sticks.  |
| Toothpicks, short skewers or popsicle sticks   |  |
| Cranberry Dipping Sauce Ingredients  | Directions   |
| 3/4 cup 100% cranberry raspberry (or Grape) juice  | Place juice into a small saucepan. Boil until reduced to a syrup (about 3 tablespoons). Allow to cool. Add syrup to remaining ingredients and stir to combine. Chill and serve with a variety of fresh fruit slices. |
| 1/2 cup sour cream   |  |
| 1/2 cup vanilla yogurt   |  |





# Frozen Pops

## Berry Blue Summer Fruit Pops

Entered by Libby Walp

| Ingredients   | Directions  |  |  |
|---|---|--|--|
| 8 ounce container blueberry yogurt  | Stir together yogurt, berries, juice and honey in small bowl.   |  |  |
| 1/2 cup chopped, frozen blueberries                                       |   |  |  |
| 1/4 cup cranberry juice   | Spoon mixture into 2-ounce freezer pop molds and insert handles. If using paper cups, spoon mixture into cups and cover each with foil. Cut a small hole in center of each foil top and insert a pop stick. |  |  |
| 1 tablespoon honey  |   |  |  |
| 6 frozen pop molds (2 oz) with handles-or disposable cups with pop sticks | Freeze about 6 hours or until firm.   |  |  |

## Homemade Jell-O Pudding Pops

“There are a lot of different flavor so you can experiment. Our favorites are banana, vanilla and chocolate. You can also add crushed up Oreo's for Cookies and Cream jell-o pops.”

- Tina Butler

### Ingredients:

- 1 large box (5.1 oz) Jell-O Chocolate Cook & Serve Pudding
- 3 - cups cold milk
- 1/2 - 3/4 cup thawed Cool Whip Whipped Topping
- Popsicle Sticks
- Small Dixie or paper cups



**Directions:** Follow package directions on the back of the pudding box. When pudding is cooked, cool slightly and add whipped topping. Let pudding cool down some and then pour into small paper cups.

Using a little helper have them insert a Popsicle stick into each cup in the middle for a handle. I placed the cups on a 9x13 in glass pan so it was easier to place in the freezer. Freeze pops for 5 hours or until firm. Peel off paper and enjoy.



## Lollipop Popsicles

“This is an easy recipe for young children to make in the summer.” Tina McIntire

### Ingredients:

- 100% Juice
- lollipops
- small paper cups

**Directions:** Place a lollipop candy side down into a paper cup. Fill the cup with juice. Put the cup in the freezer. After, the juice freezes, pull on the lollipop stick and out comes your Lollipop Popsicles.

## Chocolate Covered Banana Pops

“Get your kids involved in the preparation of this easy, healthy frozen treat. Whichever way you decide to make Frozen Banana Pops I know your kids will love them. They really are the perfect summer treat. Now go grab your kiddos and have some fun.” – Tina Butler

### Ingredients:

- 4-5 ripe bananas (not over ripe)
- 1 - 24 oz package chocolate bark or candy coating
- Popsicle sticks or chop sticks
- Sprinkles, Rice Krispies or Chopped Nuts
- 2 - Tablespoons creamy peanut butter, optional
- Waxed paper or foil



**Directions:** Peel the bananas and cut in half. Grab some handy helpers to insert the sticks into each banana. You can lay them on a baking sheet or place the bananas in a gallon size zip lock bag. Place in the freezer until the bananas harden (about 2 hours). You can add lemon juice or on the bananas to prevent browning, but my bananas never brown in the freezer.

To start use 1/2 of the chocolate bark, place in a microwave safe bowl and melt on the defrost setting for 3 minutes. Do not melt on the cook setting or the chocolate will cook and burn. I defrost mine in 3 minute intervals in the microwave. If you want to add peanut butter, add it to the chocolate while it melts in the microwave. When melted remove from the microwave and stir to blend. You want the chocolate really smooth.

Spoon the melted chocolate onto each banana until they are coated. Do not dip the bananas into the chocolate mixture or it will harden on you. The best way is to spoon the chocolate on each banana. Roll in rice cereal, sprinkles, chopped nuts or just leave them plain. I highly recommend chopped pecans. Place on a baking sheet lined with wax paper or foil and put in the freezer to set for about 20-30 minutes. Remove and Enjoy!

For a different twist try adding a couple tablespoons of creamy peanut butter in with the melted chocolate and you will have peanut butter chocolate banana pops.



## Parfait Pops

Entered by Ann Gochenour Gunzenhaeuser

| Ingredients   | Directions   |
|---|--|
| Vanilla- flavored Yogurt<br>Pureed Blueberries<br>Pureed Strawberries | In a popsicle mold, alternate vanilla yogurt with pureed blueberries and strawberries (you can use any fruit that you like, apple and mango are another favorite) then freeze. |

## Peanut Butter Banana Pops

### Ingredients:

- 4 bananas, peeled
- ¼ -1/2 cup milk
- 2 Tbsp. peanut butter
- 2 1/2 Tbsp. honey
- Dash of cinnamon
- Small (3 oz.) paper cups and popsicle sticks (or a popsicle mold)

**Directions:** Place all ingredients in blender container. Blend until smooth (add additional milk if needed for a smooth texture). Spoon into small paper cups (or a popsicle mold). Cover with foil and insert sticks. Freeze about 6 hours.



# Desserts & Frozen Treats

## Berry White Sundae

“Cooling and refreshing to the palette.” – Susan Thomas

### Ingredients:

- Strawberry ice cream
- 5 fresh strawberries
- 6 oz white chocolate morsels
- 1/4 cup heavy whipping cream
- 1 teaspoon vanilla extract
- Crystallized ginger
- Fresh Mint



**Directions:** In double boiler pour morsels and vanilla in top and stir continually until melted take off burner and stir in heavy cream.

Put 1/2 cup Strawberry Ice cream in sundae cup clean and cut strawberries in half and put on ice cream. Cover with white chocolate mixture. Take piece of crystallized ginger and slice in slivered pieces and crumble on white chocolate. Add mint sprig and enjoy.

## Yogurt Ice Cream Pie

“This makes a terrific 4th of July red, white, and blue dessert for your picnic.” - Tina McIntire

| Ingredients                        | Directions   |  |  |
|------------------------------------|--|--|--|
| Yogurt, vanilla                    | Place equal parts vanilla yogurt and real whip cream mixed together in a ready made graham cracker pie shell. Top with fresh strawberries and blueberries. |  |  |
| Real Whip Cream                    |  |  |  |
| Fresh strawberries and blueberries | Place in the freezer, until frozen.  |  |  |
| Graham Cracker Pie Shell           |  |  |  |





## No Bake Chocolate Éclair Cake

Entered by Tina Butler

### Ingredients:

- 2 - (3.5 ounce) packages instant vanilla or French vanilla pudding mix
- 1 - (8 ounce) container frozen whipped topping (cool whip), thawed
- 3 - cups milk
- 1 - (16 ounce) package graham crackers
- 1 - (16 ounce) tub prepared chocolate frosting



**Directions:** Pour the dry pudding mix into a medium size bowl and measure out 3 Cups of milk. Pour into the bowl and whisk the pudding until blended and begins to thicken. If you don't have a whisk a spoon works just as good. Add the thawed cool whip and gently fold into the pudding mixture.

Arrange a single layer of graham cracker squares in the bottom of a 13x9 inch baking pan. Evenly spread half of the pudding mixture over the crackers. Top with another layer of graham crackers, then the remaining pudding mixture. Top with a final layer of graham crackers. Now it is time for the frosting. I put my chocolate frosting in the microwave for just a bit on defrost!! don't choose cook or you will have a clumpy mess. Microwave it for about 20 -30 seconds just to get it nice, smooth and pourable. Pour the frosting over the whole cake and spread it all around up to the edges of the pan.

Chill cake for 6-12 hours and then serve. You want it to be soft just like a true éclair.

## Banana Ice Cream Pie

“An easy ice cream recipe for a hot summer day.” - Tina McIntire

### Ingredients:

- 5 ripe bananas, mashed
- Real whipped cream, equal to the amount of mashed bananas
- Readymade pie crust (graham cracker or chocolate cookie crust).
- Chocolate or caramel syrup, optional
- Nuts and/or fresh berries, optional

**Directions:** Mash the very ripe bananas and mix with an equal portion of real whipped cream. Put the mixture of bananas and whip cream into a readymade pie crust (graham cracker or chocolate cookie crust).

Drizzle either chocolate or caramel syrup on top of the pie. Next, top with your favorite nuts and/or fresh berries (raspberries, strawberries, blackberries, blueberries, etc.).

Place the Banana Ice cream Pie in the freezer until frozen.





## Blueberry and Lemon Pistachio Spumoni

Entered by Cathi Iannone

**Combine and simmer in a small sauce pot until blueberries are warm:**

- 1 cup of frozen blueberries
- 1 tsp. of lemon zest
- ¼ cup of Limoncello

**Combine and melt in double boiler:**

- ½ pound of marshmallows
- 12 tbsp. of confectionary sugar
- 3 cups of heavy cream
- ¼ cup of Limoncello

**Remove from heat and add:**

- ¼ cup chopped pistachios
- ½ cup of warmed and drained blueberries with zest

Mix thoroughly. Line a loaf pan with plastic wrap and spoon in mixture. Freeze. Simmer and reduce to a thick sauce consistency.

**To serve 6-8 guests:**

Lift entire spumoni loaf by pulling out plastic wrap and plating on a serving tray. Slice to desired thickness. Bon Appetito!!

## Summertime Lemon Snow

Entered by Kay Kuebler

**Ingredients:**

- 2 cups water
- 1 cup granulated sugar
- 1 cup freshly squeezed lemon juice

**Directions:** In large saucepan, bring water to a boil. Add sugar and stir until dissolved. Continue to boil 5 minutes longer, stirring frequently. Remove from heat. Stir in lemon juice. Pour mixture into a square baking dish and freeze for 4 hours, stirring occasionally.

Serves 4 to 6

