



COOK'S EMPORIUM | 313 Main St. | Ames | IA | 50010 | 515-233-4272
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Grape Blueberry Fizz

(Makes 2 servings)

1-1/2 cups (375 ml) fresh or frozen blueberries
1 cup (250 ml) Concord grape juice
1/2 cup (125 ml) vanilla-flavored yogurt
1 cup (250 ml) sparkling water

In a blender, on high speed, puree blueberries, grape juice and yogurt. Pour in sparkling water and pulse to blend.

Nectarine Dream

(Makes 2 servings)

2 nectarines or peaches, peeled, pitted and chopped
1/2 very ripe banana
1 cup (250 ml) milk
1/2 cup (125 ml) fresh or frozen strawberries
3 tbsp (45 ml) sweetened condensed milk

In a blender, on high speed, puree nectarines, banana, milk, strawberries and condensed milk.

Cucumber Yogurt Smoothie

(Makes 2 servings)

2 cups (500 ml) chopped, peeled and seeded cucumber
1 cup (250 ml) sparkling water
1/2 cup (125 ml) plain yogurt
1/4 cup (50 ml) lightly packed fresh mint leaves
6 ice cubes

In a blender, on high speed, puree cucumber sparkling water, yogurt, mint and ice.