

# Refreshing Beverages

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These recipes are fruity and tart and may be tolerated your when appetite is poor or you are having nausea.

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## Fruit Freezers

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- 1 cup frozen watermelon cubes
- $\frac{3}{4}$  cup frozen blueberries
- 2 teaspoons finely chopped ginger
- $\frac{1}{4}$  cup frozen apple juice concentrate
- 1 tablespoon lime juice
- $\frac{1}{4}$  cup ice cubes
- Fresh mint for garnish

Blend all ingredients except mint in a blender until smooth. Garnish with fresh mint.

**Yield: One 12-ounce serving.**

*Nutrition information per serving: 200 calories.*

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## Health Shake

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- 1/2 cup vanilla soy milk
- 1/2 cup brewed green tea, chilled
- 1/4 cup pomegranate juice
- 1/4 cup frozen fruit of your choice

Blend ingredients in a blender until smooth.

**Yield: One 12-ounce serving.**

*Nutrition information per serving: 160 calories and 4.5 grams protein.*

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## Ginger Tea

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- 2-inch piece of fresh ginger root
- 3 cups water
- Honey (optional)
- Lemon slices (optional)

Wash and peel the ginger root and slice thinly. Bring the water to a boil in a saucepan. Once water is boiling, add the sliced ginger. Cover the saucepan and reduce heat to low. Simmer for 15 to 20 minutes. Strain the ginger slices from the liquid before drinking. Add honey and lemon to taste. May be served hot or cold. To chill tea, pour over ice or refrigerate.

**Yield: One 12-ounce serving.**

*Nutrition information per serving: 0 calories.*

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## Three-Fruit Sipper

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1 cup orange juice

1/2 cup lemon juice

1 1/2 teaspoons almond extract

One 16-ounce can of jellied cranberry sauce

2 cups ginger ale, chilled

In a blender, combine the juices, almond extract, and cranberry sauce. Blend until smooth. Refrigerate until cold. Just before serving, add ginger ale. Serve over ice.

**Yield: Eleven 1/2-cup servings.**

*Nutrition information per serving: 90 calories.*