



TEEN GUISSE ENCORE





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BREAKFAST

BASIC SCRAMBLED EGGS

Serves 2

Ingredients

- 2 eggs
- 2 tablespoons 1% milk
- 1 dash pepper
- 1 dash salt
- ½ teaspoon canola oil

Directions

1. In mixing bowl, beat eggs, milk, pepper, and salt until blended.
2. Heat oil in skillet over medium heat.
3. Pour in egg mixture.
4. As eggs begin to set, slowly pull spatula across pan until big, soft lumps form.
5. Continue cooking by pulling, lifting, and folding eggs until thickened and no visible liquid remains.
6. Remove from heat and serve immediately.



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GREEN EGGS

Serves 2

Ingredients

2 eggs

¼ cup kale or spinach, chopped

1 green onion (green portion only), chopped

¼ teaspoon black pepper

Salt

Directions

1. Crack eggs into small bowl and scramble with fork.
2. Pour eggs, kale or spinach, and green onion into nonstick skillet over medium heat. Stir constantly.
3. Cook until eggs are firm. Top with salt and pepper.



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Hard-boiled eggs

Serves 8

Ingredients

8 eggs

Directions

1. Place eggs in saucepan large enough to hold them in single layer. Add cold water to cover eggs by 1 inch.
2. Bring saucepan to boil over high heat.
3. As soon as water reaches boiling, remove from burner and cover with lid.
4. Let eggs stand in hot water for about 12 minutes.
Note: If extra-large eggs are used, let stand for about 18 minutes.
5. Drain immediately and place in bowl of ice water until cool enough to handle. Remove shells from eggs.
6. Serve warm or cool completely under cold running water or in bowl of ice water. Refrigerate.



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QUICK AND YUMMY OMELETS Serves 2

Ingredients

- 1 teaspoon canola oil, divided
- 2 cups spinach
- 2 eggs
- 2 tablespoons 1% milk
- Dash salt
- Dash pepper

Directions

1. Heat ½ teaspoon canola oil in skillet over medium heat. Cook spinach until tender. Remove from pan and set aside.
2. Whisk eggs, milk, salt, and pepper in bowl until blended.
3. Heat remaining canola oil in skillet over medium-high heat. Pour in egg mixture. Gently push cooked portions from the edges toward the center with spatula so uncooked eggs can reach the pan's hot surface. Continue cooking, tilting pan and gently moving cooked portions as needed.
4. When top surface of eggs has thickened and no visible liquid remains, place filling on half of omelet. Fold omelet in half with spatula, covering the filling, and slide onto plate.



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Whole grain pancakes

Serves 4

Ingredients

$\frac{3}{4}$ cup whole wheat flour
 $\frac{1}{4}$ cup oat bran or wheat germ
 $\frac{1}{4}$ cup old-fashioned oats
1 tablespoon cornmeal
2 teaspoons baking powder
1 egg

$\frac{1}{4}$ teaspoon salt
1 banana, mashed
1 cup 1% milk
1 tablespoon canola oil
Nonstick cooking spray

Directions

1. Heat griddle or skillet to medium heat.
2. Mix dry ingredients in mixing bowl.
3. In separate bowl, whisk egg. Add salt, banana, milk, and oil. Stir until smooth.
4. Add wet ingredients to dry ingredients and stir gently, just until ingredients are combined. NOTE: It is okay if the batter remains lumpy.
5. Spray griddle or skillet with nonstick cooking spray. Pour $\frac{1}{2}$ cup batter at a time onto hot surface. Cook until edges become crisp and bubbles have formed on top, about 2 minutes. Flip pancake and continue cooking until bottom is browned, about 1 to 2 more minutes.
6. Serve hot with fruit puree or sugar-free syrup.



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SIDE DISH

APPLE Fruit Salad

Serves 8

Ingredients

- 2 Golden Delicious apples, diced
- 2 Red Delicious apples, diced
- 2 bananas, peeled and sliced
- 1½ cups seedless grapes
- ½ cup low-fat plain yogurt
- 2 tablespoons orange juice
- ½ teaspoon ground cinnamon

Directions

1. Place fruit into mixing bowl.
2. Combine yogurt, orange juice, and cinnamon in separate mixing bowl.
3. Drizzle yogurt dressing over fruit.



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Carrot-Pineapple-Raisin Salad

Serves 6

Ingredients

- 1½ cups finely grated carrots
- 1 small can crushed pineapple
- ½ cup raisins
- ½ cup light mayonnaise

Directions

1. Lightly toss carrots and fruit together.
2. Add enough mayonnaise to moisten.
3. Chill.



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COLORFUL COLESLAW

Serves 6

Ingredients

- 2 cups zucchini, shredded
- 1 cup green cabbage, shredded
- 1 cup red cabbage, shredded
- 2 green onions, thinly sliced
- ½ cup radishes, thinly sliced
- ⅓ cup mayonnaise, low-fat
- ⅛ teaspoon black pepper

Directions

1. Gently rub produce under cool running water.
2. Mix together prepared zucchini, cabbages, onions, and radishes in large bowl.
3. In separate small bowl, mix mayonnaise and pepper.
4. Toss vegetables with dressing.
5. Chill at least 1 hour before serving.



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italian mixed vegetables

Serves 4

Ingredients

- 2 tomatoes, chopped
- 1 yellow squash, sliced
- 1 zucchini, sliced
- ½ bell pepper, chopped
- ¼ cup light italian salad dressing
- ¼ cup reduced-fat Parmesan cheese, grated

Directions

1. Mix vegetables and salad dressing together in microwave-safe baking dish.
2. Cook vegetables in microwave on high for 10 minutes, stirring every 2 to 3 minutes.
3. Sprinkle Parmesan cheese over vegetables and allow cheese to melt before serving.



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★OVEN FRIES★

Serves 8

Ingredients

4 medium baking potatoes

1 tablespoon vegetable oil

Nonstick cooking spray

Seasoning: try salt, pepper, seasoned salt,
garlic powder, onion powder, paprika

Directions

1. Preheat oven to 450 degrees F. Lightly spray baking sheet with nonstick cooking spray. Set aside.
2. Wash potatoes thoroughly and dry with paper towel.
3. Lay potatoes on cutting board and cut into ½-thick strips.
4. Pour oil and other seasonings in plastic bag. Add potatoes and toss to coat evenly.
5. Spread strips in single layer on baking sheet and place in preheated oven.
6. Bake 15 minutes at 450 degrees F.
7. After 15 minutes, take sheet out of oven and turn potato strips over using a spatula.
8. Immediately return sheet to oven and bake 10 to 15 more minutes. Potatoes are done when browned.



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Salad Factory

Ingredients

Serves 8

- 4 fruits or vegetables that are not traditional salad items (berries, mandarin oranges, mangoes, mushrooms)
- 4 different toppings, including seeds, nuts, cheese, dried fruits
- 3 different kinds of lettuce (include spinach and other dark greens)
- Ingredients for simple oil and vinegar dressings, including olive oil and balsamic vinegar, or purchased low-fat dressing
- Variety of spices and herbs for dressing

Directions

1. In jar, layer fruits, vegetables, and other toppings.
2. Layer different kinds of lettuce.
3. Put lid on jar and refrigerate.
4. When ready to serve, empty contents into bowl, toss, and add dressing.



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MAIN DISH

baked CHICKEN NUGGETS

Serves 4

Ingredients

- 1 teaspoon canola oil
- 1 egg
- 2 tablespoons 1% milk
- 3½ cups cornflakes cereal, crushed
- ½ teaspoon ground black pepper or chili powder
- 1 pound boneless, skinless chicken thighs, cut into nugget-size pieces
- ¼ cup dipping sauce

Directions

1. Heat oven to 400 degrees F. Grease baking sheet with canola oil.
2. In bowl, mix egg and milk with fork or whisk.
3. Place crushed cereal and pepper or chili powder in second bowl and mix together.
4. Dip chicken pieces in egg mixture and then in cereal mixture. Put breaded chicken pieces on baking sheet.
5. Bake 15 minutes. Serve with preferred dipping sauce.



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CHICKEN & BROCCOLI CRUSTLESS QUICHE

Ingredients

Serves 8

10 ounces frozen broccoli, thawed
1 onion
1 carrot
2 chicken breasts, cooked and shredded
¾ cup low-fat cheddar cheese, shredded

5 large eggs
8 ounces low-fat cottage cheese
½ teaspoon garlic powder
Pepper to taste

Directions

1. Preheat oven to 350 degrees F. Spray baking dish with nonstick cooking spray. Put broccoli in bowl and microwave.
2. Cut ends off onion, and remove brown layer. Chop into small pieces. Put into mixing bowl.
3. Wash and shred carrot with grater. Add to mixing bowl and mix well.
4. Add cooked chicken and mix well.
5. Grate cheddar cheese with grater. Add to mixing bowl. Mix well and pour everything in bowl into baking dish.
6. Crack 5 eggs one at a time into a glass and add to separate mixing bowl. Beat until well mixed.
7. Add cottage cheese and garlic powder to eggs and mix well. Pour egg mixture over chicken and vegetables in baking dish.
8. Bake at 350 degrees F for 30 to 40 minutes or until top is browned and knife inserted in center comes out clean. Let stand 5 minutes before cutting.



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Chicken with Rice and Salsa

Serves 8

Ingredients

2 cups instant brown rice
32 ounces boneless skinless chicken thighs
1½ cups water
1 cup salsa
½ cup reduced-fat cheddar cheese, grated
Nonstick cooking spray

Directions

1. Heat oven to 400 degrees F. Spray a baking dish with nonstick cooking spray.
2. Spread uncooked rice evenly in bottom of baking dish.
3. Layer chicken on top of rice.
4. Combine water and salsa. Pour over chicken and rice.
5. Cover with foil and bake 30 to 40 minutes until chicken reaches an internal temperature of 165 degrees F and rice is tender.
6. Remove foil and sprinkle with cheese. Cover again with foil and heat until cheese melts.



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CHICKEN QUESADILLAS

Serves 4

Ingredients

1 cup boneless skinless chicken thighs, cooked and shredded
½ cup onion, chopped
¼ cup bell pepper, chopped
2 tablespoons salsa
4 whole wheat tortillas
½ cup reduced-fat Monterey Jack cheese, shredded
Nonstick cooking spray

Directions

1. In mixing bowl, combine chicken, onion, bell pepper, and salsa.
2. Spray skillet with nonstick cooking spray and heat over medium heat until hot.
3. Place ¼ of the chicken mixture on half of each tortilla and top with 1 tablespoon cheese. Fold tortillas in half, covering filling.
4. Place tortillas in heated pan and brown approximately 2 to 4 minutes. Turn tortillas and brown other side.
5. Cut folded tortillas into wedges and serve warm.



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CHINESE VEGETABLE STIR-FRY

Serves 4

Ingredients

2½ teaspoons canola oil
1 head broccoli, chopped
1 head cauliflower, chopped
2 celery stalks, sliced
2 carrots, sliced
1 bell pepper, sliced

¾ cup pineapple juice
1 tablespoon sugar
1 tablespoon lemon juice
1½ teaspoons cornstarch
1 teaspoon less-sodium soy sauce
2 cups brown rice, cooked

Directions

1. Heat oil in skillet over medium-high heat. Add broccoli, cauliflower, celery, and carrots. Cook for 2 minutes. Add bell pepper and cook for 2 more minutes.
2. In mixing bowl, combine pineapple juice, sugar, lemon juice, cornstarch, and soy sauce. Add sauce to skillet. Bring to boil and cook 1 minute or until sauce thickens. Pour sauce over vegetables.
3. Serve over brown rice.



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easy Lasagna

Serves 6

Ingredients

8 ounces lean ground beef
2⁵/₈ ounces canned low-sodium
diced tomatoes
1³/₄ cups water
1 cup reduced-fat mozzarella
cheese, shredded

6 ounces canned no-salt-added
tomato paste
1 tablespoon italian seasoning
8 ounces whole grain noodles
12 ounces low-fat cottage cheese

Directions

1. In skillet, brown ground beef, breaking into small pieces.
2. Stir in tomatoes, water, tomato paste, and italian seasoning. Bring to boil.
3. Add dry pasta. Cover and cook on medium heat 15 minutes.
4. Stir in cottage cheese. Lower heat to simmer. Cover and cook for 5 more minutes or until pasta is fully cooked.
5. Remove from heat. Sprinkle with mozzarella cheese and cover. Let stand for 5 minutes to melt cheese.



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EASY Stroganoff

Serves 4

Ingredients

8 ounces whole grain egg noodles, uncooked
1 pound lean ground beef or ground turkey
1 onion, chopped
1 bell pepper, chopped
8 ounces canned mushroom pieces, drained
½ teaspoon garlic powder
½ teaspoon ground black pepper
½ teaspoon beef bouillon granules
1 cup low-fat plain yogurt

Directions

1. In saucepan, prepare noodles according to package directions. Drain when cooked.
2. Meanwhile, brown ground beef or turkey and onion in skillet until meat is no longer pink and onion is translucent.
3. Add pepper, mushroom pieces, garlic powder, black pepper, and beef bouillon.
4. Cover and simmer 15 minutes. Add yogurt during last 5 minutes.
5. To serve, place 1 cup egg noodles on plate. Top with ½ cup beef or turkey mixture.



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PIZZA CAKE

Serves 1

Ingredients

- 2 tablespoons pizza sauce or spaghetti sauce
- 1 rice cake
- 2 tablespoons grated low-fat mozzarella cheese

Directions

1. Heat oven to 350 degrees F.
2. Spread sauce over rice cake.
3. Sprinkle on cheese.
4. Add more toppings, if desired.
5. Bake 8 to 10 minutes or heat in microwave 15 seconds.



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Tuna Noodle Casserole

Serves 4

Ingredients

- | | |
|--|---|
| 8 ounces whole grain pasta | ¼ cup light mayonnaise |
| 10 ounces frozen broccoli,
thawed and chopped | 1 teaspoon yellow mustard |
| 5 ounces tuna packed in water,
drained | ¼ teaspoon ground black pepper |
| 1 cup reduced-fat sour cream | ¼ cup reduced-fat cheddar
cheese, shredded |
| | Nonstick cooking spray |

Directions

1. Heat oven to 350 degrees F. Spray casserole dish with nonstick cooking spray. Set aside.
2. Cook pasta according to package directions. Drain and add to baking dish.
3. Spread broccoli and tuna evenly over pasta in baking dish.
4. In separate bowl, whisk together sour cream, mayonnaise, mustard, and pepper. Spread over pasta mixture and top with cheese.
5. Bake until top is golden brown, about 30 minutes.



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SNACK

APPLE Salsa

Serves 4

Ingredients

- 1 apple, sliced
- ½ bell pepper, diced
- ⅓ cup lime juice
- ¼ cup cilantro, minced
- ⅓ cup onion, diced
- 1 jalapeño pepper, minced
- 1 tablespoon honey
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt

Directions

1. Combine all ingredients in mixing bowl. Stir well to combine.
2. Enjoy with pork, chicken, fish, or add to sandwiches for crunch.



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banana pudding

Serves 12

Ingredients

- 6 bananas (cut in half)
- 12 graham crackers
- 12 4- to 6-ounce low-fat vanilla or lemon yogurts

Directions

1. For each serving, peel and slice one-half banana and place in bowl.
2. Crumble one graham cracker over banana and top with container of yogurt.



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Bean Dip

Serves 6

Ingredients

- 15 ounces canned kidney beans, drained and rinsed
- $\frac{1}{4}$ cup water
- 1 tablespoon vinegar
- $\frac{3}{4}$ teaspoon chili powder
- $\frac{1}{8}$ teaspoon ground cumin
- 1 cup reduced-fat cheddar cheese, shredded
- 2 teaspoons onion, minced
- 3 cups raw vegetables, sliced (carrots, celery, or peppers)

Directions

1. Place beans, water, vinegar, chili powder, and cumin in blender and blend until smooth.
2. Remove mixture from blender and place in bowl.
3. Stir in cheese and onion.
4. Serve with raw vegetables.



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CRISPY and SPICY Snack Mix

Serves 8

Ingredients

- 2 cups square whole wheat cereal
- 1 cup unsalted pretzel twists
- ½ cup square reduced-fat cheese crackers
- ½ cup whole wheat snack crackers
- 1½ tablespoons butter, melted
- 1 tablespoon ginger stir-fry sauce
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- Nonstick cooking spray

Directions

1. Heat oven to 250 degrees F. Spray baking sheet with nonstick cooking spray.
2. Combine cereal, pretzels, cheese crackers, and whole wheat crackers in bowl.
3. In separate bowl, combine melted butter, ginger stir-fry sauce, chili powder, and cumin. Drizzle over cereal mixture, tossing to coat.
4. Spread mixture on baking sheet. Bake 20 minutes or until crisp, stirring twice.



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FARMERS Market Salsa

Serves 4

Ingredients

- ½ cup fresh, cooked, or frozen corn
- 1 can black beans (15 ounces, drained and rinsed)
- 1 cup fresh tomatoes, diced
- ½ cup onion, diced
- ½ cup green pepper, diced
- 2 tablespoons lime juice
- 2 garlic cloves, finely chopped
- ½ cup picante sauce

Directions

1. Combine all ingredients in large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips or fresh vegetables.



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granola bar

Serves 12

2 cups old-fashioned oats
1 $\frac{1}{8}$ cups chopped nuts (almonds,
walnuts, peanuts, pecans)
12 tablespoons seeds
(any combination of sunflower,
sesame, and pumpkin)
Nonstick cooking spray

4 tablespoons wheat germ
8 tablespoons honey
4 tablespoons packed brown sugar
2 tablespoons canola oil
2 teaspoons vanilla extract
1 $\frac{1}{4}$ cups dried fruit

Directions

1. Heat oven to 350 degrees F. Spray baking sheet with nonstick cooking spray.
2. Spread oats, nuts, seeds, and wheat germ (if using) onto baking sheet. Place in oven and toast 15 minutes, stirring occasionally.
3. Combine honey, brown sugar, oil, and vanilla extract in saucepan and place over medium heat. Cook until brown sugar has completely dissolved.
4. When oat mixture is done, remove from oven and reduce heat to 300 degrees F.
5. Immediately add oat mixture to honey mixture, add dried fruit, and stir to combine. Turn mixture into prepared baking sheet and press down evenly distributing mixture on sheet.
6. Bake 25 minutes. Allow to cool and cut into 12 bars.



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Hummus

Serves 10

Ingredients

- 16 ounces canned garbanzo beans, drained (save liquid), and rinsed
- ¼ cup liquid saved from beans
- ¼ cup lemon juice
- 2 tablespoons olive oil
- 1½ tablespoons tahini or 2 tablespoons peanut butter
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- 16 ounces sugar snap peas, stringed

Directions

1. Mix all ingredients except peas in blender or food processor 3 to 5 minutes until smooth.
2. Pour into serving bowl and serve immediately with peas or cover and refrigerate. NOTE: To string peas, break off stem and gently pull downward, removing strings that run along seam on each side.



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In-Plate Parfait

Serves 1

Ingredients

- 2 graham crackers
- ½ yogurt (4 ounces or ½ cup)
- 1 piece fruit or combination of apple, banana, pear, peach, berries, etc.
- 1 tablespoon each nuts or seeds

Directions

1. Put graham crackers in plastic bag and crush into crumbs with rolling pin.
2. Put half of graham crackers into glass bowl and spoon half of yogurt into glass. Add fruit and more graham crackers.
3. Make same layers again until all ingredients are used.
4. Sprinkle with nuts or seeds.



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Savory Dips

Serves 4

Ingredients

1 to 2 cups low-fat greek yogurt
Garlic, dill, lemon juice,
cilantro, cumin, onion
powder, salt, pepper

Diced cucumbers, halved grape
tomatoes, or mashed avocado.
Mix ingredients in big mixing
bowl and serve with sliced
fresh vegetables.

Directions

1. The first step is to choose the base of your savory dip. Choose 1 to 2 cups low-fat plain greek yogurt. Greek yogurt is a healthy source of protein and dairy for your savory veggie dips.
2. Spices are important when making any dish. They can turn greek yogurt into a delicious dip in seconds! Choose from garlic, dill, lemon juice, cumin, and many more.
3. Add diced cucumbers, halved grape tomatoes, or mashed avocado to add flavor and texture to dips. Get creative and choose add-ins that your family will love.
4. Add all ingredients together and pair with your favorite vegetables. You can also use dip for whole wheat pita or as great salad dressings. Make extra to store in the fridge and use for 3 to 4 days.



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BEVERAGE

APPLE÷O÷P÷Y÷EYE INFUSED WATER

Serves 4

Ingredients

- ½ cup apple cubes
- 1 lemon, thinly sliced
- ½ cup carrots, thinly sliced
- 5 large mint or sweet basil leaves, torn or pinched

Directions

1. In large pitcher, place desired combination of fruit or herbs.
2. Add ice and fill container with water.
3. Add additional fruit or herbs to garnish, if desired.



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banana berry Smoothie

Serves 4

Ingredients

- 2 bananas, peeled
- 1 cup frozen berries
- 1 cup low-fat vanilla yogurt
- $\frac{3}{4}$ cup 1% milk
- $\frac{1}{2}$ cup ice cubes (optional)

Directions

1. In blender, combine bananas, frozen berries, yogurt, and milk. Blend until smooth.
2. To make frostier smoothie, add a few ice cubes and blend until smooth.



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berry purple Smoothie

Serves 4

Ingredients

- 20 ounces pineapple chunks, canned in juice, drained
- 2 cups frozen blueberries
- 1½ cups ice
- 6 ounces low-fat vanilla yogurt

Directions

1. In blender, combine all ingredients and process until smooth.
2. Serve immediately.



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berry SECRET SMOOTHIE

Serves 13

Ingredients

- 1½ cups green kale leaves, finely chopped
- ½ cup vanilla yogurt, nonfat or low-fat
- 1 banana, medium, peeled
- 2 cups fresh mixed berries (strawberries, blueberries, raspberries, or blackberries)
- 2 cups ice

Directions

1. Wash berries and gently pat dry. Remove stems, if using strawberries.
2. Wash kale and pull leaves off stems. Discard stems.
3. Place kale leaves into blender followed by yogurt, banana, berries, and ice.
4. Blend until smooth.



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COLOR÷ME÷HAPPY INFUSED WATER

Serves 4

Ingredients

5 cups water
½ cup fresh or frozen strawberries, stemmed and sliced
1 lime, thinly sliced
1 cup ice cubes (optional)
5 large mint or sweet basil leaves, torn or pinched

Directions

1. In large pitcher, place desired combination of fruit or herbs.
2. Add ice and fill container with water.
3. Add additional fruit or herbs to garnish, if desired.



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FRESH Rainwater infused water

Serves 4

Ingredients

- 5 cups water
- 1 cucumber, thinly sliced
- 1 lemon, thinly sliced
- 1 celery stalk, thinly sliced
- 1 cup ice cubes (optional)
- 5 large mint or sweet basil leaves, torn or pinched

Directions

1. In large pitcher, place desired combination of fruit or herbs.
2. Add ice and fill container with water.
3. Add additional fruit or herbs to garnish, if desired.



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LEMONY burst infused water

Serves 4

Ingredients

- 5 cups water
- 1 lemon, thinly sliced
- 1 2-inch piece ginger, peeled and thinly sliced
- 1 cup ice cubes (optional)
- 5 large mint or sweet basil leaves, torn or pinched

Directions

1. In large pitcher, place desired combination of fruit or herbs.
2. Add ice and fill container with water.
3. Add additional fruit or herbs to garnish, if desired.



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Life's a breeze infused water

Serves 4

Ingredients

5 cups water
1 kiwi, diced or cut into circles
1 orange, thinly sliced
1 cup ice cubes (optional)
5 large mint or sweet basil leaves, torn or pinched

Directions

1. In large pitcher, place desired combination of fruit or herbs.
2. Add ice and fill container with water.
3. Add additional fruit or herbs to garnish, if desired.



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MELON÷BERRY bliss infused water

Serves 4

Ingredients

- 5 cups water
- 1 cup watermelon cubes
- ½ cup fresh or frozen strawberries, stemmed and sliced
- 1 cup ice cubes (optional)
- 5 large mint or sweet basil leaves, torn or pinched

Directions

1. In large pitcher, place desired combination of fruit or herbs.
2. Add ice and fill container with water.
3. Add additional fruit or herbs to garnish, if desired.



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Molly's punch

Serves 8

Ingredients

2 ripe bananas
1 cup orange juice
1 cup cold skim milk
1 quart orange sherbet

Directions

1. Mash bananas and blend until smooth.
2. Add orange juice and blend more.
3. Add milk and 2 cups sherbet. Blend again.
4. Top each drink with orange sherbet.



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Pink Hawaiian Infused Water

Serves 4

Ingredients

- 5 cups water
- ½ cup fresh or frozen strawberries, stemmed and sliced
- 1 cup fresh or frozen pineapple chunks
- 1 cup ice cubes (optional)
- 5 large mint or sweet basil leaves, torn or pinched

Directions

1. In large pitcher, place desired combination of fruit or herbs.
2. Add ice and fill container with water.
3. Add additional fruit or herbs to garnish, if desired.



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PLUM SLUSHY

Serves 2

Ingredients

- 3 fresh plums, pitted, peeled, and chopped
- ¼ cup fresh or frozen blueberries
- ¼ cup 100% apple juice
- 1 handful ice cubes

Directions

1. Wash and prepare fruit.
2. In blender, combine all ingredients and process until smooth, about 3 minutes.
3. Serve immediately.



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SUN÷KISSED APRICOT & BERRIES INFUSED WATER

Serves 4

Ingredients

5 cups water
½ cup apricot, peeled and cubed
1 cup raspberries
5 large mint leaves, torn or pinched
1 cup ice cubes (optional)

Directions

1. In large pitcher, place desired combination of fruit or herbs.
2. Add ice and fill container with water.
3. Add additional fruit or herbs to garnish, if desired.



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