



Sweet Summer Treats

BY LYDIA E. HARRIS / PHOTOS BY ERIN DRAGO



Brio



Fun Fruity Frosts

Serve as a breakfast fruit, snack, salad or dessert. Or turn these fruit cups into refreshing summer drinks (see recipes for slushies and smoothies).

Makes about 36 fruit cups

Gather

- 1 cup frozen orange juice concentrate, thawed
- 1 cup frozen lemonade concentrate, thawed
- 1 (20 ounce) can undrained crushed pineapple
- 2 (11 ounce) cans undrained mandarin oranges
- 2 cups sliced strawberries (fresh or partially thawed if frozen, with or without sugar)
- 2 cups water

Prepare

1. Line muffin pan cups with foil or paper liners.
2. In a large bowl, combine all ingredients. Mix well.
3. Add $\frac{1}{4}$ cup fruit-and-juice mixture to each prepared muffin cup.
4. Freeze until solid (two or more hours).
5. Remove the frozen fruit cups in liners from muffin pans; place in large, sealable bags or airtight containers. Keep frozen until ready to use.
6. When ready to serve, remove liners and place in individual dessert bowls. Thaw 10 minutes or until desired consistency.

Variations

- Replace frozen orange juice concentrate with frozen pineapple-orange juice concentrate.
- Make fruit cups in individual plastic beverage cups.
- If desired, before serving, top frosty fruit cups with other fresh fruits such as raspberries, blueberries, peaches or bananas.

Smoothies

Gather

- 2 frozen fruit cups (thaw for a few minutes for easy liner removal)
- $\frac{1}{2}$ cup vanilla yogurt
- 2 tablespoons milk
- 1 small banana (optional)
- 1 tablespoon honey (optional)

Prepare

1. Blend ingredients until mixed. If too thick, add more milk, 1 tablespoon at a time.
2. Serve in a chilled glass.

Variations

- Add additional frozen fruit to the smoothie such as berries, mango or a favorite fruit. Add more yogurt as needed.
- Bulk up your smoothie with additions such as flaxseed, protein powder, nut butters or spinach.
- To make a smoothie bowl, serve the smoothie mixture in a cereal bowl. Add toppings such as granola, coconut, nuts and fruits.

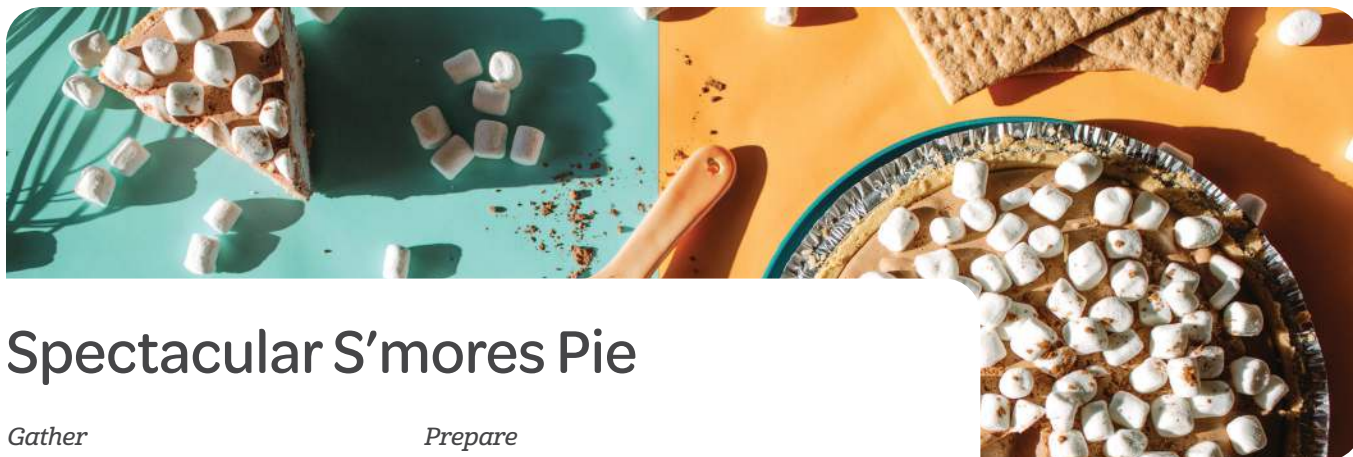
Slushies

Gather

- 2 frozen fruit cups (thaw for a few minutes for easy liner removal)
- $\frac{1}{4}$ cup plus 2 tablespoons chilled lemon-lime soda or ginger ale.

Prepare

1. In a blender, pulse ingredients a few seconds until slushy. If too thick, add more soda, 1 tablespoon at a time.
2. Serve with a straw and a spoon.



Spectacular S'mores Pie

Gather

FILLING

- ¾ cup granulated sugar
- 2 tablespoons unsweetened cocoa powder
- ¼ cup flour
- 1¼ cups milk
- 1 egg, beaten
- 2 tablespoons butter, softened
- 1 teaspoon vanilla
- ½ cup heavy whipping cream

CRUST

- 18 graham cracker squares (1½ cups)
- 6 tablespoons butter, melted

TOPPING

- 1 cup miniature marshmallows
- ¼ teaspoon unsweetened cocoa powder to sift on top
- ¼ cup chocolate chips or 1 milk chocolate candy bar (1.55 oz.)

Prepare

TO MAKE THE CHOCOLATE FILLING:

1. In a microwave-safe, large bowl, whisk together sugar, cocoa powder and flour.
2. Stir in milk. Microwave 2 minutes; stir with wire whisk.
3. Mix in egg, and microwave 1 minute. Stir, then continue to cook and stir at 1-minute intervals until pudding is thick.
4. Stir in 2 tablespoons butter and vanilla. Refrigerate until chilled.
5. Beat cream until stiff peaks form. Fold cream into chilled chocolate filling. Refrigerate until ready to use.

TO MAKE THE GRAHAM CRACKER CRUST:

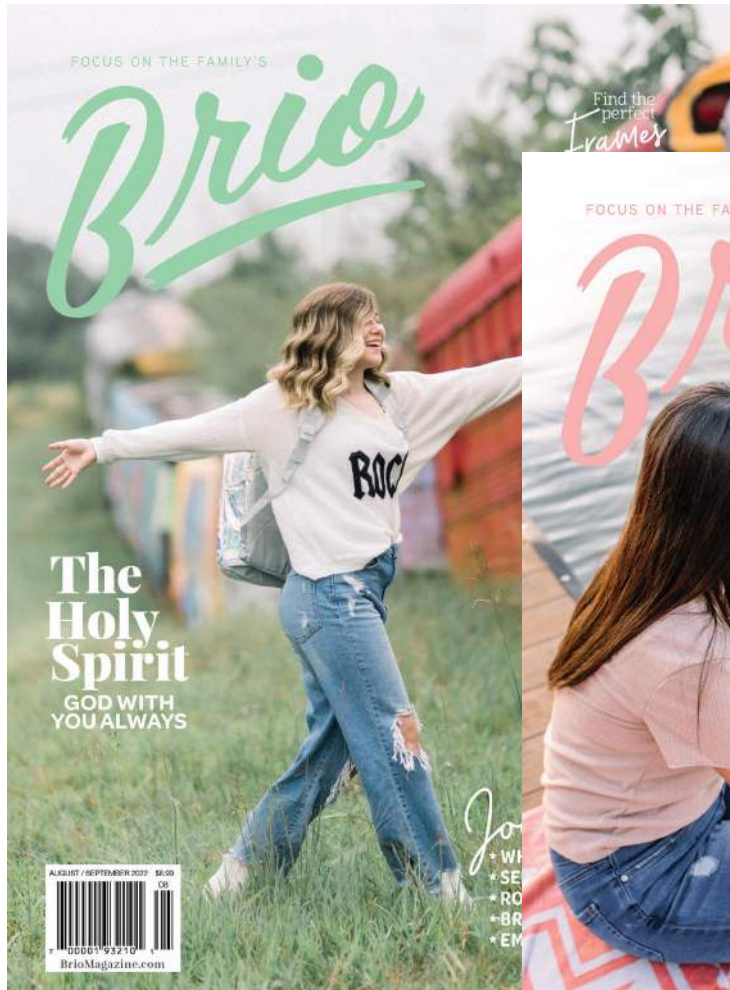
1. Preheat oven to 325° F.
2. Place the graham crackers into a sealable plastic bag, four squares at a time, and crush them with a rolling pin to make fine crumbs.
3. In a large bowl, mix together the crushed crackers and 6 tablespoons of melted butter with a fork.
4. Press mixture into a 9-inch pie pan (bottom and sides) to make the crust. Flatten and smooth with hands or a glass with a flat bottom.
5. Bake 8 to 10 minutes, until crust is lightly browned.
6. Let cool.
7. Spoon chilled filling into the cracker crust, and refrigerate the pie until ready to serve.
8. Before serving, top with miniature marshmallows. Dust marshmallows with unsweetened cocoa powder. Sprinkle on chocolate chips, or poke rectangles (or squares) of a chocolate bar into the pie filling.
9. Cut pie into 6 to 8 pieces, and serve on individual plates.
10. Cover, and refrigerate leftover pie.

Variations

- Freeze s'mores pie until firm. Cut into pieces, and serve slightly thawed.
- Shortcut method: Use a 9-inch purchased graham cracker pie crust. Prepare a (3.9 ounce) box of instant chocolate pudding, according to package directions. Let pudding thicken; fold in 1 cup extra-creamy whipped topping. Continue with steps 7 to 10.

Lydia E. Harris, known as "Grandma Tea," creates and tests recipes with her grandchildren. Her recipes appear in Focus on the Family Clubhouse and Clubhouse Jr. magazines, her tea column, "A Cup of Tea with Lydia," and her cookbook, In the Kitchen with Grandma: Stirring Up Tasty Memories Together.

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