

# BLENDER DRINK PARTY

HAVE A "BLENDER DRINK" PARTY. HOSTESS NEEDS A BLENDER AND EASY FRESH, FRUIT INGREDIENTS. PREPARE A SMOOTHIE AND LET THE GUESTS SET BACK AND ENJOY WHILE YOU DEMONSTRATE OUT FABULOUS PRODUCTS FOR SPRING AND SUMMER ACTIVITIES.

Get your blender ready... it's smoothie time! Easy to prepare, nourishing, and deliciously blended fruit drinks, smoothies are the perfect beverage for our fast-paced lives.

Healthy and indulgent, they know no gender, age, or lifestyle limit!

## TIPS:

Buy fruit, cut fruit, blend fruit. It is that simple. The average smoothie takes 12 minutes or less to prepare. For the best smoothies, use fresh fruit that is frozen. The results are thicker and colder without diluting the taste of fruit with the addition of ice. Peel, chop or dice before freezing and just break off the amount you need and immediately return the rest of the frozen fruit to the freezer.

Add ingredients to the blender beginning with the liquids and ending with solids. If your blender has varying speeds, start on the low speed to chop and then finish on the high speed to blend completely.

## REALLY RED!

1 cup low-fat strawberry yogurt

½ cup cranberry juice

1 ½ cups hulled strawberries

1 cup raspberries

Combine the yogurt and cranberry juice in blender. Add both berries and blend until smooth

## PEACHY KEEN!

1 cup low-fat peach yogurt

¾ cup peach nectar

½ cup raspberries

1 ½ cups diced peaches

Combine the yogurt and nectar in blender. Add fruit and blend until smooth.

## STARBURST!

¾ cup apple juice

1 cup diced fresh kiwi

1 cup strawberries

2 sliced bananas

Place all ingredients in blender and process until smooth.

## COOL HAND LIME!

¾ cup low-fat milk

½ cup fresh peeled lime segments

3 Tbsp fresh lime juice

3 cups nonfat frozen vanilla yogurt

Place all ingredients in blender and process until smooth.

## BLISSFUL BLUES!

1 cup low-fat blueberry yogurt

¾ cup low-fat milk

1 tbsp maple syrup

½ tsp ground cinnamon

2 cups blueberries

Combine the yogurt, milk, syrup and cinnamon in the blender. Add the blueberries and blend until smooth.

## APPLE A LA MODE

2 cups nonfat vanilla yogurt

$\frac{3}{4}$  cup unsweetened applesauce

$\frac{1}{4}$  cup chilled apple juice

1 cup diced fresh apple

$\frac{1}{2}$  tsp ground cinnamon

$\frac{1}{4}$  tsp ground nutmeg

Combine yogurt, applesauce and apple juice in blender. Add apple slices and spices and blend until smooth.

## TUPPERWARE TIPS FOR THE OUTDOORS

**FREEZER MATES:**

Sliced luncheon meats, cheese, margarine, relishes, smaller sizes for soap, wash cloth, personal items

**MIDGETS:**

Aspirin, vitamins, condiments

**QUICK SHAKE:**

Scrambled eggs, mixing beverages, instant pudding, pancake batter

**SEASON SERVE:**

Breading foods, marinating meat, serving corn on the cob, transporting hot dog or hamburger buns, dessert items

**IMPRESSIONS BOWLS:**

Take along foods prepared ahead and stored safely

**IMPRESSIONS TUMBLERS:**

Each person has a different colour, less dishes to do

## SUMMER SMOOTHIES

### STRAWBERRY-BANANA SMOOTHIE

2 pkgs (10oz each) frozen slice strawberries in syrup

2 pkgs (8oz each) strawberry yogurt

1 ripe banana peeled

1 cup milk

In blender, blend all the ingredients until smooth and creamy. Pour into individual glasses and serve immediately.

### ORANGE SMOOTHIE

2 cups milk

1 can (6oz) frozen orange juice concentrate, thawed

$\frac{1}{4}$  cup sugar

1 tsp vanilla

2 cups ice cubes

In blender, blend all the ingredients until well combined, thick and frothy. Serve immediately

### STRAWBERRY-KIWI SMOOTHIE

$\frac{1}{2}$  cup milk

1 pint fresh strawberries washed and hulled

1 kiwi peeled

2 tsp sugar

1 quart vanilla ice cream

In blender, blend all the ingredients except the ice cream until the fruit is pureed. Add the ice cream and Blend until smooth and thick. Serve immediately.